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Flying high over Afghanistan

JALALABAD AIRFIELD, Afghanistan – Army Sgt. David Rodriguez of Task Force Alamo raises the Connecticut state flag as Army Sgt. Christopher Vincent of Task Force Iron Gray holds the Texas banner and Army Spec. Anthony Delpino of Task Force Iron Gray looks on during a transfer-of-authority ceremony April 29 at Forward Operating Base Ghazni. (Photo by Army Staff Sgt. Joseph Phaneof, Task Force Iron Gray communications)

Current Servicemembers possibly affected by VA data loss

AMERICAN FORCES PRESS SERVICE

WASHINGTON, June 6, 2006 – Active-duty servicemembers and members of the National Guard and Reserves may be affected by the recent personal data loss by the Department of Veterans Affairs, the VA announced June 6.

The VA announced over the weekend that the records stolen from the home of a VA representative in May might include personal information of people currently in the military, according to a VA news release.

Initial findings from VA indicated the personal information on about 50,000 active duty, National Guard and Reserve personnel may have been involved. As the two agencies compared electronic files, VA and DoD learned that personal information on as many as 1.1 million active-duty servicemembers, 430,000 National Guardsmen, and 645,000 members of the Reserves may have been included in the data theft, according to today's release.

In May, the VA learned that an employee took home electronic data without authorization, in violation of established VA policies. The employee's home was burglarized and the data were stolen. Included were names, Social Security numbers, and dates of birth for up to 26.5 million veterans.

The VA receives records for every new accession and military enlistee because active-duty personnel and National Guardsmen and Reservists are eligible to receive certain VA benefits, according to the release.

"VA remains committed to providing updates on this incident as new information is learned," said Secretary of Veterans Affairs R. James Nicholson. "The department will continue to make every effort to inform and help protect those potentially affected, and is working with the Department of Defense to notify all affected personnel."

Nicholson said VA is currently in discussions with several entities regarding credit-monitoring services to determine how veterans and active-duty personnel potentially affected can best be served. The VA has received no reports that the stolen data has been used for fraudulent purposes. Several resources are available to servicemembers and veterans who may have been affected by this data loss.

The VA has set up a special Web site and a toll-free telephone number: <http://www.firstgov.gov> and 1-800-FED-INFO (1-800-333-4636). Each features up-to-date news and information on the data compromise. The Web site provides steps on how to check credit reports, how to guard against identity theft and who to call if an individual believes any fraudulent activity is occurring with his or her personal information. Information relating to the defeat of identify theft also is available at <http://www.militaryonesource.com>.

Commander's Corner



Letter to Airmen

Michael W. Wynne
Secretary of the Air Force

10 May 06

Service Before Self

This past February, in my Letter to Airmen addressing our three USAF Core Values, I shared these thoughts on **Service Before Self**:

It is not the same as "service," a value also claimed by some civilian institutions and corporations. Our *service* requires sacrifice and commitment to our Nation. We understand we make decisions in an environment where freedoms are on the line, and lives are at stake. *Service Before Self* begins with duty, but it means more: It means that, in our Air Force, as we fly and fight in war and peace, going above-and-beyond-the-call-of-duty is not the exception -- it is the rule.

It is the rule because every Airman is an expeditionary Airman, whom the Joint Team counts on every day to be trained and battle ready. Delivering sovereign options for the defense of the United States of America and its global interests requires self-sacrifice.


As I visit and work with Airmen around the world, I could not be prouder of the many ways that you sacrifice for *Service Before Self*, whether the mission is combat operations or humanitarian relief. The aftermath of Hurricane Katrina provides a great example. Many of our critical search and rescue Airmen who had just returned from Operation Iraqi Freedom deployments immediately went to rescue Americans from rooftops in New Orleans instead of taking a well-earned leave.

Another example of such *Service Before Self* is the remarkable number of Air Force Reservists and Air National Guardsmen who volunteer for deployments. At great sacrifice to their families and often at the expense of their private businesses, they continue to volunteer to contribute to the fight. Their service allows our Air Force leaders to integrate them into units creating a truly seamless Total Force for the Joint Team.

Your service in the Air Force--with all the risks and sacrifices that service demands--is service to our nation, to its values, and to its dreams. The participation in 'wingman' programs to enhance relationships and security to fellow airmen is yet a further example.

Everything we have done--and everything we will do--begins with an oath that changes our lives. We understand that the nation depends upon us to live up to that oath. We understand that, as we serve on the front lines of freedom, our promise to serve must come before all else.

On behalf of the Air Force, and on behalf of a grateful nation, I thank you for your dedication, your devotion, and your *Service Before Self*. I salute you all.


Michael W. Wynne



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Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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Task Force Spartan remembers Alamo, welcomes Iron Gray Guardsmen

ARMY SGT. 1ST CLASS MICHAEL PINTAGRO
TASK FORCE SPARTAN PUBLIC AFFAIRS

JALALABAD AIRFIELD, Afghanistan—The Task Force Spartan commander ushered in the Gray era in central Afghanistan and remembered the Guardsmen of Task Force Alamo during a recent transfer-of-authority ceremony at Forward Operating Base Ghazni.

Col. John Nicholson, Task Force Spartan commander, joined senior leaders of the incoming and outgoing task forces responsible for the western sector of Regional Command East and about 75 Soldiers and well-wishers at the ceremony.

Lt. Col. Orlando Salinas, and Command Sgt. Maj. Jose Villarreal, commander and command sergeant major of Task Force Alamo, cased their colors.

Moments later, Lt. Col. Steven Gilbert and Command Sgt. Maj. David Warner, commander and command sergeant major of Task Force Iron Gray unfurled the 1st Battalion, 102nd Infantry Regiment colors. The 1st Battalion is from the Connecticut Army National Guard.

The Task Force Spartan commander praised the efforts of Citizen-Soldiers who answered their nation's call to duty in the wake of the 9-11 terrorist attacks, adding that many Guardsmen and reservists entered the military

in order to serve in the war on terror.

He highlighted the accomplishments of Task Force Alamo Soldiers and welcomed Iron Gray Guardsmen into the Spartan family.

The Texas Guardsmen conducted 2,233 combat missions while killing or capturing more than 70 enemy fighters, said Nicholson.

The nearly 20,000 weapons and ordnance pieces they recovered were never used against Afghans or Coalition forces.

"It's a safe bet many innocent Afghans, Afghan National Army brothers-in-arms and American Soldiers, including Spartans, are alive today because of their interdiction of terrorist weaponry," he added. The Baltimore native thanked Alamo Soldiers for their "unwavering determination and unwavering courage," and said the Texas Guardsmen "continued to put their lives on the line for their country in places like the Kunar Valley right up until the end" of their rotation.

The colonel also recognized the effort of the Connecticut Guardsmen as they prepared for Operation Enduring Freedom and welcomed them to his task force.

"We're blessed to have you on our team," he said. "We're proud to call you partners and we're proud to call you Spartans."

Nicholson starkly outlined the stakes involved with the war on terror.

"The people we're fighting against truly will not rest until they destroy freedom and democracy around the world," he said. "We're standing between them and our people as well as the Afghan people."

The outgoing and incoming commanders celebrated the accomplishments of Task Force Alamo and looked forward to the Gray era in central Afghanistan.

"You're here, you stood up, you answered

the call to duty," Salinas told his Soldiers. "And that's important because someday this will be looked at as a great generation."

Salinas paid tribute to his Guardsmen and their accomplishments during Operation Enduring Freedom, noting the many people, Afghan and American alike, who benefited from their efforts.

"I appreciate your service," added Salinas, who is from Brownsville, Texas. "You're great Americans. Remember the Alamo."

"We are living history," said Gilbert, from South Windsor, Conn. "We have the great privilege of serving at a time when our country really needed us, and some day we'll be able to look back with pride in our role in the war on terror."

Soldiers shared their senior leaders' enthusiasm for the mission.

"It was a good year," said Sgt. Tomas Garces, a communications noncommissioned officer for Task Force Alamo from Edinburg, Texas. "We did a lot and you can see the changes we made in the community. The community accepted us very quickly. They invited us into their houses. The kids loved us."

Iron Gray Soldiers looked forward to building on their unit's distinguished history as well as the efforts of Task Force Alamo.

"We're eager to continue the good work the 3-141 did in Afghanistan," said Warner, from Cornwall on Hudson, N.Y. "We look forward to helping the Afghan government to succeed in its efforts to develop democracy and create a better way of life for its people."



JALALABAD AIRFIELD, Afghanistan — Army Lt. Col. Steven Gilbert (left), the Task Force Iron Gray commander, and Army Command Sgt. Maj. David Warner, the task force command sergeant major, unfurl the 1st Battalion, 102nd Infantry Regiment colors during a transfer-of-authority ceremony April 29 at Forward Operating Base Ghazni. (Photo by Army Staff Sgt. Joseph Phaneof, Task Force Iron Gray communications)



Lt. Col. Steven Gilbert, 1st Battalion, 102nd Infantry, Connecticut Army National Guard, makes his remarks during the Transfer of Authority ceremony in Afghanistan. (Photo by Army Staff Sgt. Joseph Phaneof, Task Force Iron Gray communications)

Chief McKinley looking forward to new job

LOUIS A. ARANA-BARRADAS
AIR FORCE PRINT NEWS

SAN ANTONIO (AFPN) — Command Chief Master Sgt. Rod McKinley admits he is a bit nervous about becoming the 15th chief master sergeant of the Air Force.

But it is not because the job will be too tough or that becoming the Air Force's top enlisted leader intimidates him, he said. It is the fact he will be the next chief in the long line of those he calls "the great chiefs of our past" that humbles him.

"I just hope that I can live up to half of what they have accomplished in our Air Force," he said.

The chief, from Mount Orab, Ohio, assumes the post July 1 from Chief Master Sgt. of the Air Force Gerald Murray, who is retiring after four years on the job. McKinley and his family discussed the move before he took the post. He is ready for the challenge, he said.

"I'm always real comfortable about any job I have in the Air Force," the 32-year veteran said. "And I've lived by a simple philosophy: Whatever job the Air Force gives you, just to do the very best that you possibly can."

So the chief goes to his new post with an open mind. He does not have any firm plans on how he will do his job. And he does not have a list of changes he wants to make. And though he has gotten a lot of advice on what to do from a host of people, the best advice he received came from Murray, he said.

"Chief Murray's advice to me from the very beginning is: 'Rod, just go be yourself,'" he said.

The chief said he has been himself since he joined the Air Force in 1974 with two of his hometown buddies. After basic training, they each went their separate ways. The chief went on to become a medic. After a break in service, he rejoined the Air Force and today is the only one of the trio who made the military a career.

Did he or his friends ever think one day he would be the top enlisted Airman?

"Heavens no," the chief said. "I was just trying to be a good Airman."

The chief admires good Airmen. They make the Air Force as good as it is, he said. He was at Randolph Air Force Base, Texas,

May 17 and 18, sitting on the board that selects the next Air Force 12 outstanding Airmen and first sergeant of the year. He was in "awe of the incredible Airmen" under consideration for the honors, he said.

One of the main reasons the chief agreed to take the new post was the prospect of getting to meet Airmen like them, he said. That is what motivates him most about going to the Pentagon and then going on the road to meet Airmen on the job around the globe.

"To get out there and shake their hands and look 'em in the eyes and tell them how much I appreciate what they're doing, fighting this war on terrorism and upholding the freedoms and democracy for our country," he said. "To look Airmen in the eyes and just say thank you."

McKinley takes on his new role as the spokesman for the Air Force enlisted corps at a critical time in the service's history. That fact is not lost on the chief, who likes to come across as a self-professed "country boy from Ohio." But one conversation with him dispels that image. He is an Air Force professional who knows what he must do to help the Air Force achieve its three top priorities.

"That's wining the war on terrorism, taking care of our Airmen and recapitalizing our inventory," he said.

To achieve those goals will take Airmen living the Air Force core values, learning to accept change and getting back to some of the basics that have defined his career, he said.

"I'm very much on discipline. I'm very much on standards, customs and courtesies," he said. "That is what has built our military to be so great."

The chief knows he has a tough job ahead of him. And he knows he joins Air Force Chief of Staff Gen. T. Michael Moseley at a critical stage in Air Force history — a time of transition and redirection.

But a stint as a medic will help him do his job, the chief said. Having worked in a hospital emergency room as a young Airman has given him an appreciation for the life-and-death situations Airmen face each day on the battlefields of Iraq and Afghanistan.

"You had to remain calm in those situations," he said. "I don't get excited."

Those are good traits to take into a job



Command Chief Master Sgt. Rod McKinley sat on the board to select the Air Force's 12 outstanding Airmen and first sergeant of the year at Randolph Air Force Base, Texas, on May 17 and 18, 2006. The chief, currently the Pacific Air Forces command chief master sergeant, will become the 15th chief master sergeant of the Air Force on July 1, 2006. (U.S. Air Force photo/Master Sgt. Scott Wagers)

that, at times, can be like working in a pressure cooker. But the chief said he does not worry about what may come. He knows he has a great responsibility representing Airmen — a task he does not take lightly.

Along the way, McKinley will have to help Airmen accept and adapt to change, which he said is good for the Air Force.

"Change is good because as we change we evolve," he said. "What we want is not a

new Air Force — just smaller. An Air Force that's going to be more capable for the future."

When he returns to Hickam Air Force Base, Hawaii, to begin his transition to the Pentagon, the chief will have to pack up for yet another move. But this move will define his Air Force career. And he is ready.

"In the end, I will give my best," McKinley said.

Earned Retirement Opportunities Act gives combat troops tax help

SGT. SARA WOOD, USA
AMERICAN FORCES PRESS SERVICE

An act signed into law May 29 by President Bush solves a conflict in the tax code by allowing servicemembers who serve in a combat zone to still contribute to their individual retirement accounts, a Defense Department official said here today.

The Heroes Earned Retirement Opportunities Act amends the Internal Revenue Code to allow servicemembers to include tax-exempt combat zone pay in determining the allowable income tax deduction for contributions to retirement savings plans, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax

Council.

The tax code requires a certain amount of taxable income for someone to be qualified to deduct contributions to retirement plans, Fenton said. Servicemembers who received tax-exempt pay in combat zones were running into trouble because their taxable income wasn't high enough, so they were either prevented from contributing to their retirement accounts, or they were facing tax penalties for doing so, she said.

The "Heroes Act," as it's been dubbed, makes an exception to the rules about retirement accounts for servicemembers in combat zones, Fenton said.

"It's just a specific act to help our military

members in the combat zone who are using individual retirement accounts," Fenton said.

The Heroes Act is retroactive for two years, so anyone who has served in a combat zone in the past two years can fix tax problems or make contributions they may have missed due to this problem, she said. These servicemembers have three years to fix problems from the past, she said.

"They don't need to panic or do anything right away; they have a large window of time," Fenton said.

The Internal Revenue Service will soon be issuing more guidance for servicemembers who qualify under the Heroes Act, Fenton said.

Lt. Gen. James says farewell to Air Guard members

SGT. JIM GREENHILL
NATIONAL GUARD BUREAU

Lt. Gen. Daniel James III retired as the 11th director of the Air National Guard in a ceremony at Bolling Air Force Base, D.C., on May 10.

He earlier bid farewell to members of the Air National Guard in a short speech that focused almost entirely on them and barely on himself.

"You're very special people," James said in a March 28 ceremony at Andrews Air Force Base, Md., touching on Air Guard efforts after the Sept. 11, 2001, terrorist attacks and Hurricane Katrina in 2005.

"They just don't make them like you every day," he said.

He received a standing ovation from the hundreds of Airmen in attendance.

The next Air National Guard director has not been named.

James's wife, Dana, and son, Daniel, were among those who gathered for the farewell ceremony. Recognizing the director's tireless, seemingly continuous travel obligations to

fulfill duties around the world, officers gave him a gift certificate for a recliner. They also said it seemed unlikely that the director would use it very much, even in retirement, because of his hard-charging personality.

James became the Air Guard director in 2002, the first African-American to hold the post.

"One of the things I didn't want to change was the character of the people," he said.

His father, Gen. Daniel "Chappie" James Jr., was a member of the Tuskegee Airmen and the first African-American to become a four-star general in the active Air Force. The son became a command pilot, flying more than 4,000 hours in fighters and trainers, including more than 300 combat missions in Vietnam. His awards include two Distinguished Flying Crosses.

James served as operations group commander for the Air Guard's 149th Fighter Wing in Texas before he became that state's adjutant general, a position he held for more than six years.

The Sept. 11 terrorist attacks occurred during his tenure as director. He compared their impact to the Kennedy assassination two generations earlier.

"For the rest of your lives you'll always remember where you were and what happened," he said.

He emphasized the Air Guard's role in securing the nation's skies immediately after the attacks and helping to move 48,000 Guard members to the Gulf Coast after Hurricane Katrina.

"You make it look so effortless," he said. "Thank you all for what you do."

"Special people like you can do extraordinary things," James told the Airmen. "You've proved it in the past. You'll prove it again."



Lt. Gen. Daniel James III, director of the Air National Guard, arrives for his retirement ceremony on the ceremonial lawn at Bolling Air Force Base in Washington, D.C., on Wednesday, May 10, 2006. (National Guard Bureau photo/Sgt. Jim Greenhill)

'Provisions State' contributes to Revolutionary War efforts

Col. Robert Cody

(Editor's Note: This is the second in a continuing series on Connecticut's historic war sites.)

While Connecticut did not experience the brunt of the War for Independence like its sister colonies of Massachusetts, New York, New Jersey and Virginia, there were a number of important engagements in the "Provisions State."

The American Revolution was a "coalition war" fought long before The Great War, World War II, the Korean Conflict, Desert Storm and Operations Iraqi Freedom and Enduring Freedom. Fourteen organizations fought for independence: the Continental Army and thirteen Colonial Militias.

The colony was attacked during the war on four separate occasions. The first three were primarily punitive "raids" by British and Tory forces from neighboring New York, while the fourth and last was, by some accounts, an ill conceived diversion, hoping to draw American forces away from Virginia.

Danbury, Connecticut was a significant manufacturing center in the mid eighteenth century. In late 1776, it was chosen as an important supply depot for the Continental Army because of its strategic location, between the Hudson River Valley and Long Island Sound.

On April 25, 1777 General William Tryon, the colonial governor of New York led a very large force of British and Tory soldiers against the military stores at Danbury. He landed his forces near Compo Beach in Southport and marched north through Wilton, Easton and Bethel. They reached Danbury on the afternoon of the 26th and began destroying precious

supplies. Fortunately for the patriots, the desperately needed medical supplies were taken from Danbury and hidden over the border in New York.

Alerted by the enemy foray into Connecticut, the militia under Generals Gold Selleck Silliman, David Wooster and Benedict Arnold marched from Fairfield and New Haven to engage them. They arrived just south of Danbury on the evening of the 26th, only to see the flames from the burning supplies. The militia anticipated the enemy's return to their ships and set up a series of blocking positions as they retreated down the Saugatuck River valley. They knew they couldn't stop the British withdrawal, but they would make it as painful as possible. The largest engagement was fought in the vicinity of what is now downtown Ridgefield.

Unfortunately, General Wooster was killed by a sniper as his soldiers kept up their pursuit of the British. The militia nearly defeated the British as they attempted to board their ships at the mouth of the Saugatuck River. Only a well timed counterattack by four British regiments held in reserve at the landing site prevented the disaster. For his heroic efforts, Benedict Arnold was promoted to Major General a week later. The raid on Danbury had a number of serious impacts. The supplies that were destroyed were destined for the winter encampments at Valley Forge and Morristown. Their loss increased the suffering that winter. Immediately after the raid, 3000 men from Connecticut enlisted in the Continental Army and joined General Israel Putnam's division in Peekskill, New York.

A month after the raid, Connecticut struck back. A force of 70 men in 13 30 foot whaleboats rowed across Long Island Sound from Guilford to Sag Harbor and destroyed the British supplies there.

103rd Fighter Wing honor Guard

2nd Lt. Jefferson S. Heiland
Deputy Public Affairs Officer
103rd Fighter Wing

You've been to a parade, a change of command ceremony, a military funeral or, at the very least, a ballgame. At one, or all, of these events you've probably seen the always sharp, the always crisp honor guard marching in perfect step with facing movements that would make the harshest drill instructor proud.

Whether you're military or not, you would almost have to have noticed the quiet seriousness in the eyes beneath the black brim of the purposely-squared hat on an honor guardsman. You watched the deliberate, graceful and unforced movement, reminiscent of a dancer performing for the sake of the art, not for the applause.

What you may not have noticed is the unwavering dedication that is required to faithfully serve as one of these elite who, through ceremony, demonstrates respect for our flag and pays tribute to our fallen heroes.

This level of volunteerism and service speaks to the very essence of at least one of the core values that the Air Force holds so close to the heart. Service before self. Sacrificing your own time to practice and practice and then practice some more, like the kid who is convinced he'll someday play for the Red Sox.

Tech. Sgt. Carey E. Gaul, avionics technician, 103rd Maintenance Squadron, possesses this necessary level of dedication, as do the 11 other members of the base honor guard for the 103rd Fighter Wing at Bradley Air National Guard Base, East Granby, Conn.

Gaul volunteers and serves as the noncommissioned officer in charge of the team. Fresh out of basic training, she attended technical school at Keesler Air

Force Base, Miss. in 1999, where she joined her squadron's drill team. This is where and when she "caught the bug," or "got the fever." She says she's been addicted ever since.

In 2001, back at her home station in Conn., Gaul remembers seeing a co-worker in her shop as he put the finishing touches on his dress blues in preparation for a ceremony. She asked him about what he was doing and he encouraged her to join the honor guard and told her whom to contact. That's all the convincing it took.

She was soon fitted for her own uniform. Even now, she distinctly remembers trying it on after getting it back from the cleaners.

"I remember putting it on and just thinking—wow, this really fits—I kind of like this," she recounts with a gleaming smile and an extra sparkle in her eyes.

The primary mission of the honor guard is to support military funeral details, explains Gaul. She then partially identifies the motivation behind her service.

"Just being able to do that for the families is probably one of the most gratifying parts of being on the honor guard," she says with a deepened look of sincerity.

In the broader spectrum, she looks to a symbol of our nation for renewed motivation.

"It's really (about) the flag because the flag is a part of every funeral, every retirement,

every promotion ceremony. The flag is always there and that really symbolizes why we do everything," she explains.

She also admits to still getting "goose bumps" every time our anthem is played or sung when she's wearing the uniform.

Speaking about her team, she describes the level of dedication that each member has and how it is the main factor for the success of the program.

"We have a good handful of members who are fired up, this is what they want

to do. They are all about being on the honor guard," she says.

Gaul also points out that the team understands the significance of their role.

"We are sometimes the only faces from Bradley that the public will see and we always bear that in mind. And we're not just representing the uniform, we're representing a specific base,

we're representing the Air Force, we're representing everybody in blue."

Gaul cites dedication as the most significant attribute of someone serving in the honor guard. In fact, dedication is so important that it, along with a commitment to serve with the team for two years, are the only prerequisites for receiving formal training.

Subsequent to joining, there is no set

time requirement for local training with the team before a member might be sent for training, Gaul clarifies, as long as we feel that they are ready for the next level.

Formal training lasts two weeks and is intended for volunteers who are ready for the intermediate to advanced levels of drill execution. The training is held at Bolling Air Force Base, Washington, D.C. and is paid for by the 103rd Fighter Wing. The unit also provides for the special dress uniforms that give the honor guardsmen that unique, professional look.

The Flying Yankee Honor Guard team of the 103rd normally performs 20-25 scheduled ceremonies each year. Performances include those for dining-ins, the armed forces day luncheon, and various parades. Additionally, the team must answer requests from individuals for funerals or from organizations for special occasions.

The team meets for practice from 4:30 p.m. to 5:30 p.m. on the Saturday and Sunday of each monthly Unit Training Assembly, or "drill weekend." Members also get together on one "off" Saturday between drills.

Fulfilling the demands of each request can stretch the 12-member team thin. Gaul says the team would, ideally, have 21 members so that it could accommodate a true, full military funeral requiring 20 guardsmen. She also points out that, with more volunteers, they could more easily satisfy the requests.

Unit members who are interested in enhancing their guard experience are encouraged to do so by putting "service before self." A good place to start would be to submit an application to join the Bradley Air National Guard Base Honor Guard.

You can get more information about the base honor guard and opportunities to serve by contacting Tech. Sgt. Carey Gaul at (860) 292-2522.

"We are sometimes the only faces from Bradley that the public will see and we always bear that in mind. And we're not just representing the uniform, we're representing a specific base, we're representing the Air Force, we're representing everybody in blue."

Tech. Sgt. Carey E. Gaul

Address <http://www.ctbrad.ang.af.mil/parents.html> Go Lin

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PARENTS

The Connecticut Air National Guard is a family

Parents, the Connecticut Air National Guard is a large second family you will be proud your children joined.

Our members feel so positive about their decision to join they often invite their own family members to become members. Many of our members have brought their own children into our organization. Others have invited brothers, sisters and cousins to join.

Not sure? Please [contact an advisor](#) and remember you are invited to join your son or daughter as they meet with our advisors and visit the departments where they may work. Talk with our members and they will tell you themselves, we are a family.



Tech. Sgt. Carey E. Gaul, avionics technician, 103rd Maintenance Squadron, on the Bradley Air National Guard Base recruiting website. Gaul's often demonstrated outstanding military bearing with the honor guard led to her selection to typify unit members on the 103rd Fighter Wing's recruiting web page. (www.ctbrad.ang.af.mil)



Honor Guard volunteers still must maintain all their career and ancillary training requirements; which can take a great deal of dedication. Here Tech. (then Staff) Sgt. Carey E. Gaul (right), and Tech. Sgt. John E. Malin (left), both avionics technicians, 103rd Maintenance Squadron, complete avionics work on the flightline while deployed for training to Barksdale AFB, La. in December of 2004.

demonstrates ‘Service Before Self’



The wing honor guard of the Connecticut Air National Guard’s 103rd Fighter Wing based in East Granby, Conn., present the colors at Fenway Park in Boston April 14. As the National Anthem is sung, Staff Sgt. Meisha Nieves, Master Sgt. Scott McIntosh, Tech. Sgt. Cheryl Pilletere, Staff Sgt. Carey Gaul, Staff Sgt. Sabrina Wiggett and 1st Lt. Martin Kelly, behind with sword, present the colors before the Boston Red Sox versus New York Yankees game begins. (U.S. Air Force photo by Senior Master Sgt. Linas K. Venclauskas, 103rd Communications Flight)



Tech. Sgt. Carey E. Gaul (center), avionics technician, 103rd Maintenance Squadron, salutes with the Base Honor Guard team for the arrival of President Hu Jintao, President of China on April 21, 2006. The Chinese President ended a four day visit to the United States with a speech at Yale University and arrival and departure from Connecticut’s Air National Guard Base. (U.S. Air Force photo by MSgt Jeanne E. Daigneau)

How Ready Are You?

American Red Cross survey reveals Americans not as prepared as they think for hurricane season

PRESS RELEASE FROM THE CHARTER OAK CHAPTER,
AMERICAN RED CROSS

(Additional information from the www.charteroak.redcross.org Website)

Americans are more attuned than ever to the power of hurricanes and severe storms – the widespread devastation of the 2005 hurricane season is etched into the nation's collective memory. The 2006 hurricane season is predicted to be another bust one.

There is no way to know how many hurricanes will make landfall or how much damage they may wreak.

Connecticut and the Northeast are most vulnerable to hurricanes in late August and September. However, throughout the summer we can experience severe storms, flooding, high winds, power outages or tornados.

The Charter Oak Chapter of the American Red Cross urges individuals to be prepared for weather-related emergencies.

"Everyone can follow the same basic emergency preparedness strategy, whether in a hurricane-prone area or elsewhere. The return of hurricane season on June 1 is a call to action: check family emergency plans and restock disaster supplies kits," said Mario Bruno, the Charter Oak Chapter's Senior Director of Emergency Preparedness.

Advanced warning systems today are better than ever before. They offer time to evacuate potentially affected areas when a storm is imminent. Be ready to evacuate if advised by local government officials. The time to prepare is now. Create your personal disaster and evacuation plan and make sure you build a disaster supplies kit.

Knowing what to do in an emergency situation is your best protection," Bruno said.

What is a Hurricane?

A hurricane is a type of tropical cyclone, the general term for all circulating weather systems over tropical waters (counterclockwise in the Northern Hemisphere). Powered by heat from the sea, hurricanes are steered by the easterly trade winds and the temperate westerlies as well as by their own ferocious energy. Around their core, winds grow with great velocity and generate violent seas. Moving ashore, these storms sweep the ocean inward while spawning tornadoes and producing torrential rains and floods. Each year, on average, 10 tropical storms, of which six become hurricanes, develop over the Atlantic Ocean, Caribbean Sea, or Gulf of Mexico. Many of these remain over the ocean; however, about five hurricanes strike the United States coastline every three years. Of these five, two

will be major hurricanes, category 3 or greater on the Saffir-Simpson Hurricane Scale.

Know what a Hurricane WATCH and WARNING are:

WATCH: Hurricane conditions are possible in the specified area of the WATCH, usually within 36 hours.

WARNING: Hurricane conditions are expected in the specified area of the WARNING, usually within 24 hours.

Prepare a Personal Evacuation Plan

Identify ahead of time where you could go if you are told to evacuate. Choose several places—a friend's home in another town, a motel, or a shelter.

Keep handy the telephone numbers of these places as well as a road map of your locality. You may need to take alternative or unfamiliar routes if major roads are closed or clogged.

Listen to NOAA Weather Radio or local radio or TV stations for evacuation instructions. If advised to evacuate, do so immediately.

Take these items with you when evacuating:

- Prescription medications and medical supplies;
- Bedding and clothing, including sleeping bags and pillows
- Bottled water, battery-operated radio and extra batteries, first aid kit, flashlight
- Car keys and maps
- Documents, including driver's license, Social Security card, proof of residence, insurance policies, wills, deeds, birth and marriage certificates, tax records, etc.

Assemble a Disaster Supplies Kit Including the Following Items:

Gather enough emergency supplies to meet your needs for at least three days. Store these supplies in sturdy, easy to carry, water resistant containers. It's also a good idea to keep a smaller kit in the trunk of your car. Your disaster supplies kit should include:

- First aid kit and essential medications.
- Canned food and can opener.
- At least three gallons of water per person.
- Protective clothing, rainwear, and bedding or sleeping bags.
- Battery-powered radio, flashlight, and extra batteries.

Special items for infants, elderly, or disabled family members.

Written instructions on how to turn off electricity, gas and water if authorities advise you to do so (remember, you'll need a professional to turn them back on).

Copies of important documents including birth certificates, insurance policies and social security cards. Your original documents should be secured in a locked box or safety deposit box.

An extra set of car keys.

Cash/credit cards.

Special items for infant, elderly or disabled family members.

An extra pair of glasses or contact lenses.

Prepare for High Winds

Install hurricane shutters or purchase pre-cut 1/2" outdoor plywood boards for each window of your home. Install anchors for the plywood and pre-drill holes in the plywood so that you can put it up quickly.

Make trees more wind resistant by removing diseased and damaged limbs, then strategically removing branches so that wind can blow through.

Prepare for Your Pets' Safety

In the event of a disaster, if you must evacuate, *the most important thing you can do to protect your pets is to evacuate them, too.* Leaving pets behind, even if you try to create a safe place for them, is likely to result in their being injured, lost, or worse. So prepare now for the day when you and your pets may have to leave your home.

Red Cross disaster shelters cannot accept pets because of health and safety regulations and other considerations. Service animals who assist people with disabilities are the only animals allowed in Red Cross shelters. It may be difficult, if not impossible, to find shelter for your animals in the midst of a disaster, so plan ahead. Do not wait until disaster strikes to do your research. For more information about planning for your pets in a disaster, [click here](#).

Know What to Do When a Hurricane WATCH Is Issued

Listen to NOAA Weather Radio or local radio or TV stations for up-to-date storm information.

Prepare to bring inside any lawn furniture, outdoor decorations or ornaments, trash

cans, hanging plants, and anything else that can be picked up by the wind.

Prepare to cover all windows of your home. If shutters have not been installed, use pre-cut plywood as described above. *Note:* Tape does not prevent windows from breaking, so taping windows is not recommended.

Fill your car's gas tank.

Recheck manufactured home tie-downs.

Check batteries and stock up on canned food, first aid supplies, drinking water, and medications.

Know What to Do When a Hurricane WARNING Is Issued

Listen to the advice of local officials, and leave if they tell you to do so.

Complete preparation activities.

If you are not advised to evacuate, stay indoors, away from windows.

Be aware that the calm "eye" is deceptive; the storm is not over. The worst part of the storm will happen once the eye passes over and the winds blow from the opposite direction. Trees, shrubs, buildings, and other objects damaged by the first winds can be broken or destroyed by the second winds.

Be alert for tornadoes. Tornadoes can happen during a hurricane and after it passes over. Remain indoors, in the center of your home, in a closet or bathroom without windows.

Stay away from flood waters. If you come upon a flooded road, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car and climb to higher ground.

Know What to Do After a Hurricane Is Over

Keep listening to NOAA Weather Radio or local radio or TV stations for instructions.

If you evacuated, return home when local officials tell you it is safe to do so.

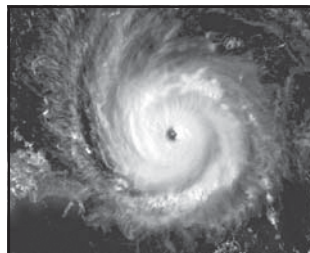
Inspect your home for damage.

Use flashlights in the dark; do not use candles.

More Information

For more Red Cross information on Preparedness, for downloadable disaster planning information or for more Red Cross information on Hurricanes and how to plan for your safety, including downloadable information, visit

www.charteroak.redcross.org



Governor Rell awards new Connecticut Wartime Service Medals to State Veterans

All honorably discharged Wartime Veterans/State residents eligible for award

Gov. M. Jodi Rell officially awarded the first Connecticut Veterans Wartime Service Medal to a group of 20 veterans representing all U.S. wars back to World War II in a memorial ceremony at the Danbury War Memorial.

"Veterans represent the best of America and we can never fully repay them for their dedication to duty and personal courage," said Rell. "This new award is a simple but important gesture of admiration from a state that truly honors their service."

The Connecticut Veterans Wartime Service Medal was established by the Connecticut General Assembly in 2005 to specifically honor Connecticut residents who served for at least 90 days on active duty in a time of war and were honorably discharged.

Eligible veterans may request awarding of the Wartime Service Medal by submitting an application form to the Connecticut Department of Veterans Affairs, accompanied by a DD Form 214 or other documentation, to prove eligibility. Application forms and additional information are available from the department's website at www.ct.gov/ctva or by calling, after May 30, 1-866-928-8387, Extension 5915. Applications may also be obtained at the department's District and Satellite offices.

The names and mailing addresses of all veterans who submit applications for the Wartime Service Medal will also be added to the Connecticut Service member and Veteran Registry. The registry is used to notify veterans about benefits and other important service-related information. The information contained in the registry is not subject to public disclosure.

Rell also used today's ceremony to call on our residents to remember the real meaning of Memorial Day and to appropriately honor the nation's fallen heroes this weekend.

"Memorial Day must remain about remembering and honoring our heroes past and present who have made the ultimate sacrifice to keep our country free," remarked the governor. "Let's resolve to focus on the true meaning of Memorial Day this weekend

— and to preserve its honor for generations to come."

Rell, accompanied by State Veterans Affairs Commissioner Linda S. Schwartz and State Adjutant General and Commander of the National Guard, Maj. Gen. Thaddeus J. Martin, also laid a wreath at the foot of the Danbury War Memorial in honor of the more than 190 Danbury area residents who have given their lives in the service of America since World War I.

The first recipients of the Connecticut Veterans Wartime Service Medal honored by Rell were:

From World War II: Charles P. Gallagher, East Haven; Henry Komornik, Shelton; Irwin Lustig, West Hartford; Samuel Paulone, Waterbury; Burke Ross, Shelton; Jack Schwing, Shelton; Joseph F. Wargo, Trumbull.

From the Korean War: John Giusti, Watertown; Evans E. Kerrigan, Darien;

Harry Martucci, Shelton; John Niewinski, New Britain; John Chiarella, Sr., Waterbury.

From the Vietnam War: Edward Norman, Southington; Jack Dougherty, Branford; William P. Kenney, Canterbury; Al Meadows, Shelton.

From the Persian Gulf Wars: John Carragher, Southington; Kim Cyr, Bristol; Scott Norton, Colebrook; Buyile Rani, Fairfield.

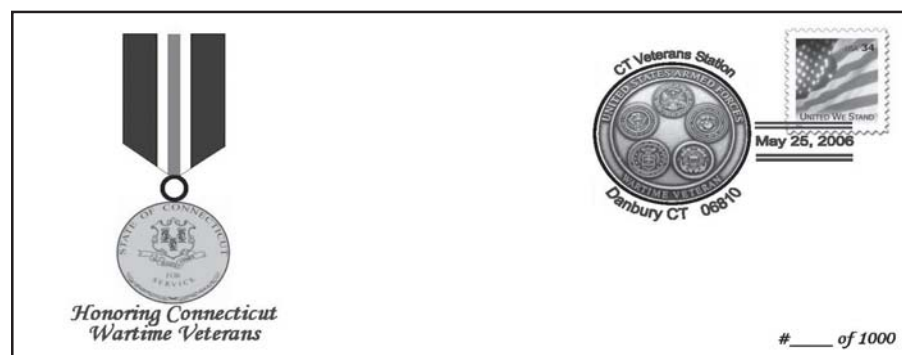


Gov. M. Jodi Rell prepares to pin the State Wartime Service Medal on Sgt. 1st Class Butile Rani of the Connecticut National Guard. Rani, and other Connecticut National Guardsmen, were among the first to receive the new state medal during ceremonies held in Danbury just before Memorial Day. (Photo courtesy Sgt. 1st Class Larry Ireland, R&R Command)

CTNGFI launches First Day Cache fundraiser

The Connecticut National Guard Foundation in cooperation with the US Postal Service has developed a limited edition "First Day Cache" to commemorate the initial award of Connecticut's Wartime Service Medal. The medals were awarded to a representative group of veterans on May 25th 2006 in Danbury CT. The Cache is available from the Foundation for a donation of \$5.00 plus \$3.00 shipping and handling by mailing a check in that amount to: The Connecticut National Guard Foundation 360 Broad Street, Hartford, CT 06105. The issue is strictly limited to 1,000 individually numbered caches.

Wartime veterans may apply for the medal through the Connecticut Department of Veterans Affairs. Application blanks are available on their web site at: <http://www.ct.gov/ctva/cwp/view.asp?a=1992&q=313194>



Armed Forces Day 2006



The 103rd Fighter Wing Base Honor Guard performs the solemn ceremony honoring those servicemen and women listed as POW or MIA. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



Civilians, military retirees and those still serving the military honor the flag during the presentation of colors. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



Kathy Cichon (center in dark jacket) accepted the Air National Guard Honor Person of the Year Award for her husband, Tech. Sgt. Walter Cichon who is deployed in Afghanistan with members of the 103rd Fighter Wing from Bradley Air Base. Many of Tech. Sgt. Cichon's fellow Guardsmen were on hand to celebrate with Kathy. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



Gov. M. Jodi Rell was on hand to thank the Servicemembers, past and present, for their service to their state and country. She also thanked the family members for their sacrifices in supporting their loved ones. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



Master Sgt. Roger Sicard, 143rd Forward Support Battalion, receives the Army National Guard Honor Person of the Year Award from Gov. M. Jodi Rell. Sicard deployed to Bosnia with the FSB and will be deploying again to Iraq. Sicard's family was with him as he received the award, as were many of his fellow Soldiers from the FSB. (Photo by Pfc. Joshua C. Johnson, 65th PCH)

Career Day lands leads, promotes good will

MAJ. GEORGE H. WORRALL III,
103rd FIGHTER WING

High School students from across Connecticut visited Bradley Air National Guard Base to learn about the benefits and opportunities the Connecticut Air National Guard offers during career day May 24, 2006.

With A-10 "Warthog" fighters flying a couple passes overhead while departing for their daily missions, the 344 students toured the working base maintenance and avionics shops, engine test facility, watched the security and fire rescue exercises, combat arms training and then visited individual equipment displays in the main hangar.

"I was really impressed with all the technology," said Andrew Lyons, senior, Howell Cheney Technical School, Manchester. "The drills of fire (fighters) and military police shooting blanks were fun. We need more schools to come and see how great this base is."

Volunteer "flight leads" from across the base lead each group on a tight timetable to gain the most from their visit. The students impressed the flight leads.

"My group was great," said Tech. Sgt. Holly Stuart, nondestructive inspection specialist and flight lead, 103rd Maintenance Squadron. "They had a lot of fun and asked intelligent questions. These kids were interested, asking how long training was, qualifications needed to work ... more than a tour."

The wing's professionals shined also made an impression on the students.

"They (Guard members) answered every dumb question we had, and every person took our questions seriously," said Lyons.

In the eyes of many of the Guardsmen present, the day was clearly a success in goodwill alone, but how the day may assist with recruiting is the big question.

"I never thought I would be here in the military, but I might now," said Lyons.

The students visited from Connecticut's technical training high schools and connected with the equipment and technology on display more than most visitors.

"The turbine engines on the plane, I liked seeing them and it may be something I might do," said, Matthew Richard, sophomore Windham Technical High School, Windham.

The instructors who accompanied their classes were as impressed as the students.

"The sophomores at Oliver Wolcott talked about the day's events the entire ride home on the bus," said instructor Larry Buckley, Oliver Wolcott Technical High School, Torrington. "Twenty-two students all talking about their experience of the day. This is significant... more than a 'field trip' it may have been their first vision of life after high school."

So what is next, besides picking dates for next year?

"Now we have to start calling and see



Howell Cheney Technical High School student Brittany Bonenfant (seated) gets a feel for the pilot's seat of a Flying Yankee A-10 as Technical Sgt. Jose Velazquez (right), 103rd Aircraft Maintenance Squadron, explains the details of the cockpit, May 24, 2006, during career day at Bradley Air National Guard base. (U.S. Air Force photo by Maj. George Worrall)

what they (students) want to do," said Master Sgt. Ivan Anglero, recruiting office supervisor, 103rd Fighter Wing. "The sale is started, now we have to close it."

As Anglero, head of recruiting at the wing, plans the follow-up contact for the next morning, the head of recruiting looks ahead.

"How this was effective is that it created the exposure we needed," said Senior Master Sgt. Anthony B. Deangelis, recruiting and retention superintendent, Headquarters, Connecticut Air National Guard. "That alone was well worth the effort. I give everyone a lot of credit for the effort that was put in. I think we will reap benefits in years to come with the sophomores and

juniors that were here today."

Schools that participated in the Career Day: Bristol Technical Education Center, Bristol; Bullard-Havens Technical High School, Bridgeport; E.C. Goodwin Technical High School, New Britain; Emmett O'Brien Technical High School, Ansonia; H.H. Ellis Technical High School, Danielson; Henry Abbott Technical High School, Danbury; Howell Cheney Technical High School, Manchester; Norwich Technical High School, Norwich; Oliver Wolcott Technical High School, Torrington; Platt Technical High School, Milford; Torrington High Jr ROTC, Torrington; Vinal Technical High School, Middletown; W.F. Kaynor Technical High School, Waterbury; Windham Technical High School, Windham.



With a water cannon adding excitement, Bradley Air National Guard base firefighters approach students during lunch to stage a pilot extraction exercise during career day at Bradley Air National Guard base May 24, 2006. (U.S. Air Force photo by Maj. George Worrall)

Around the Guard

Our father was injured during his deployment and he's now in a specialized rehabilitation hospital miles from home. We visit him daily, but the cost of travel is an increasing financial burden. What can we do?



Apply for the Military Family Relief Fund NOW!

For more information about this program, or to fill out an application, visit www.ct.gov/mil/mfrf or call (860) 524-4910.



Taking command in Afghanistan

BAGRAM AIRFIELD, Afghanistan — Col. Gary M. Costello (right) takes command of the 455th Expeditionary Mission Support Group May 8 from the 455th Air Expeditionary Wing commander Brig. Gen. Bruce Burda (left), with Master Sgt. James C. Biggerstaff, first sergeant, 455th Expeditionary Mission Support Group. Colonel Costello is deployed from the 103rd Fighter Wing, Bradley Air National Guard Base, Conn. (Air Force photo by Maj. David Kurle, 455 Air Expeditionary Wing)

Do you have what it takes to take your career to the next level?



INSTRUCTORS NEEDED

Training Tomorrow's Leaders

The 2ND BN (GS) / 169TH REGIMENT

(LDR) at Camp Rell is seeking highly

motivated SSGs who have completed BNCOC.

We have *immediate* need for 5 Soldiers to fill

slots as BNCOC Phase 1 Common Core Small

Group Leaders. Qualified applicants must

have 3 years time in service remaining, be a

high school graduate or possess a GED

equivalent, recently held a Skill Level 3 or 4

leadership assignment, and be selected

through an initial interview and screening

selection process.

POC is 1SG Daniel Morgan -

daniel.p.morgan@us.army.mil



2006 Army Birthday Message Call to Duty – Boots on the Ground

The United States Army was born out of the desire to defend liberty and proudly celebrates its 231st birthday on 14 June 2006.

Since 1775, millions have worn the uniform and lived the "Warrior Ethos." Soldiers have always understood that the freedoms our nation guarantees are worth fighting for and America's decision to put "boots on the ground" illustrates like no other action its continued commitment to these ideals.

Today, America's Army is engaged in a global war on terrorism and has a presence in 120 countries. Soldiers have long sacrificed their personal comfort and safety to answer a higher calling. Despite hardships and dangers to life and limb, Soldiers have always answered the call — and our nation has long relied on your courage, your sacrifice and your selfless service.

To our Soldiers around the world, our thoughts are with you and your families on this 231st Army Birthday. We are proud to serve with you, as you embody the Warrior Ethos. You have made our Army the most respected institution in the United States and the pre-eminent land power on Earth. We are humbled by your sacrifice and awed by your achievements.

God bless each and every one of you and your families, and God bless America.

Kenneth O. Preston
Kenneth O. Preston
Sergeant Major of the Army

Peter J. Schoomaker
Peter J. Schoomaker
General, United States Army
Chief of Staff

Francis J. Harvey
Francis J. Harvey
Secretary of the Army

Connecticut Military Department News

First Company Governor's Foot Guard participates in state-wide emergency drill

The First Company Governor's Foot Guard, under the command of Major Commandant Dennis Conroy, was one of the elements activated as part of the Capitol Region's participation in a state-wide drill designed to test the deployment of the Strategic National Stockpile (SNS) on April 19, 2006. Activation was initiated at 9:25 AM for a 10:30 estimated time of arrival. Elements were deployed to New Britain High School. 17 members of the Governor's Foot Guard responded to the alert. The Governor's Foot Guard role was to deploy the Logistics Unit although some participating members were directed to assist at understaffed Point of Distribution (POD) stations or they served as simulated patients to observe operations from the perspective of first responders.

The deployment was assessed to be a valuable training experience for the MRC. It provided an opportunity to test the call down procedures and exposed weaknesses in the process. It also afforded the first opportunity for the Logistics Unit and health professional MRC volunteers to respond and participate side-by-side.

The First Company Governor's Foot Guard is the oldest continuously serving military unit in the United States.

Foot Guard awards medals and bars *Infantino and Camilleri take home top awards*

The First Company Governor's Foot Guard, under the command of Major Dennis Conroy, held its annual prize drill on Monday, May 15 at the Foot Guard Armory in Hartford. PFC Michael Infantino of Wethersfield was awarded the Frank E. Wilcox Medal as the best drilled soldier. CPL Terri Camilleri of Cromwell was awarded the George W. Tule Bandsman of the Year medal as voted on by her peers. The Wilcox and Tule awards are regarded as the most prestigious recognition that can be earned by members of the rifle platoons and band respectively.

Major Conroy awarded PFC Russell Scull II of Middletown the BG Justin A. Denino Rifleman of the Year Medal. Established by Mrs. Ellie Denino and her family, the award is presented to the Foot Guard member who has demonstrated efforts for the continued success of the Foot Guard Rifle team. The medal serves as a reminder of the dedication of General Denino as a member and past Commandant of the First Company.


The evening's events began with a concert by the Foot Guard Band followed by squad drills, the individual Wilcox competition and concluded with an evening parade at which the awards were presented. The squad and individual competitions were judged by COL Steven Scorzato and SGM Orlando Anderson of the CTANG.

Family and friends of the Foot Guard members were in attendance to enjoy the concert, observe the competitions and, following the conclusion of evening parade, enjoy a reception for all present hosted by the Foot Guard.

Boyle Recognized for 45 years

Major Conroy also awarded Governor's Foot Guard Long Service Medals to members of the command. Major Donald Boyle of East Hartford, a past Executive Officer of the company, was the standout recipient with 45 years of service to the Foot Guard. In addition to MAJ Boyle, the following members were recognized for their length of service as indicated:

SFC Steven Jainchill of West Simsbury	35 years
1LT Robert Lehmann of Farmington	35 years
CPT Steven Pirroof Rosedate, MD	35 years
Br. MAJ John Green of Enfield	35 years
Br. MAJ George Sloan of West Hartford	35 years
SFC Thomas Mulcahy of Bolton	30 years
CPT Henry Stratton of Hartford	25 years
CPT Thomas Satalino of New Britain	25 years
SFC Charles Lignelli of Glastonbury	25 years
1LT Christopher Cain of Cheshire	25 years



2nd Co. Gov. Foot Guard Band seeks members

The Second Company Governor's Foot Guard Band is seeking a few good musicians.

The Second Company band is one of two official military bands in the state of Connecticut. The band performs in parades, inaugurations, public concerts and dances. Rehearsals are held in New Haven.

Any adult who plays a band instrument and would like to audition or obtain more information should call Ralph Sherman, band conductor, at (860) 561-0695, Monday through Friday, 9 to 4. No previous military experience is necessary.

Membership Opportunities

in the

The First Company Governor's Foot Guard

The Oldest U.S. Military Organization in Continuous Service Since 1771 is Currently Accepting Membership Applications.

- Dual enlistment permitted for current National Guard members
- Positions available in our rifle companies, band, color guard, rifle team, and honor guard.
- Participate in State ceremonies and represent Connecticut's military heritage.
- All State Militia uniforms provided

Everyone Welcome!

Membership information available at: **Governorsfootguard.com**



TAG visits Soldiers, A

Maj. Gen. Thad Martin
Command Sgt. Maj. F
Command Sergeant M
National Guard Soldiers
Afghanistan. These are
troops during the May visit
Maj. Raymond



Mazar-e
Sharif

Sama



Qal'eh-ye Now
Chaghcharan

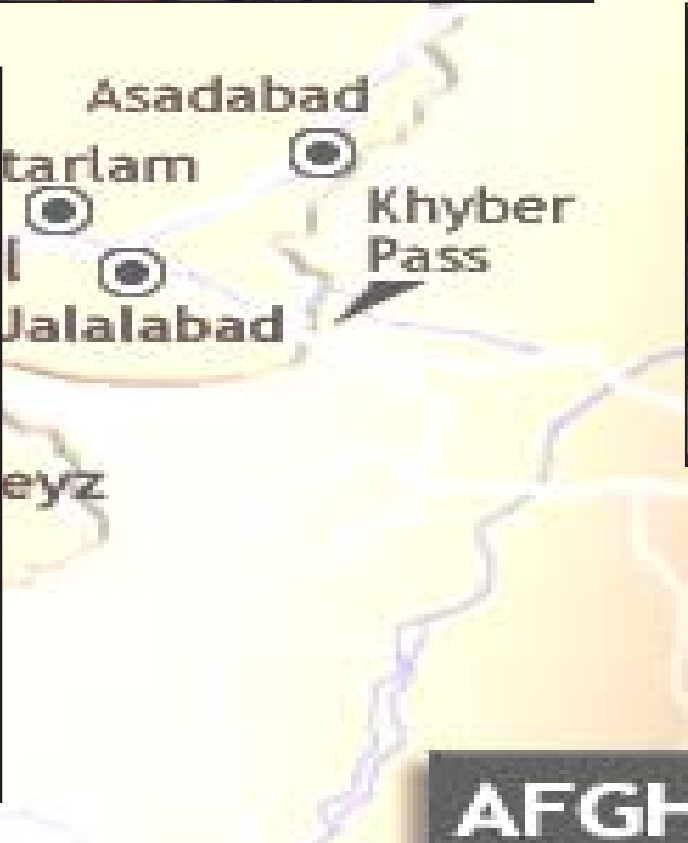


Qal'eh



Airmen in Afghanistan

...n, Adjutant General and
...aymond Zastaury, State
...Major, visited Connecticut
...s and Airmen deployed to
...some of the images of the
...t. (Photos by Command Sgt.
...ond Zastaury)



Recruiting & Retention: Mission One

Eighty days to make a difference

MAJ. GEORGE H. WORRALL III
103RD FIGHTER WING

Staff Sgt. Melissa A. Letizio, services specialist, 103rd Services Squadron, finished an 80 day recruiting assistance tour for the 103rd Fighter Wing April 28, 2006. Her experience recruiting and talking with young people can benefit anyone looking to help their unit's recruiting, and potentially themselves, through the Guard Recruiting Assistance Program, G-RAP.

Letizio began her foray into recruiting several years before April close to home.

"I helped with recruiting before [the 80 day tour]," said Letizio. "I recruited two family members and a friend from school. I believe that is why Sergeant Anglero brought it [idea of a temp AGR tour] up to me."

With three recruits to her credit before day one of the tour, Letizio added 154 leads through 40 school visits, three Military Enlistment Processing Station visits and three facility tours.

"From outside of recruiting we normally get about 5 leads a week," said Master Sgt. Ivan Anglero, recruiting office supervisor, 103rd Fighter Wing, putting Letizio and her teams 15 per week accomplishment in perspective. "They have to really believe in the Guard and have the energy and motivation and that positive outlook on the air Guard to go out and do that, and she [Letizio] does believe."

Her belief in the Guard comes across quickly in conversation.

"I just enjoy it talking about it [Guard], the places I have traveled ... benefits I reaped," said Letizio. "I graduated college last year and got my bachelors, and can say 'see that [tuition benefit]' too. The places I have been over the past six years, like Italy last year, you just talk about stuff ... it [the Guard] is fun."

For the school visits and most of the leads, Letizio received assistance from 11 other

members, including the brother and cousin she previously brought into the Guard.

"We got more attention from the kids than the typical recruiters as they are older," said Letizio. "We would just set up in the cafeterias and talk with folks. The people we got to help were from different areas on base, supply, security police, services, and maintenance."

"It was a huge positive for us that there are not a lot of female recruiters out there, and I think it made a difference [in showing the military is something women can do]," said Letizio. "They would say that to us when they came up, 'I don't usually see women in uniform that's great' from women."

The success in generated leads will pay dividends into the future.

"A lot [of leads] were high school juniors, sophomores, and freshman so we gave some contacts to the Civil Air Patrol, and the juniors we are working for next year," said Anglero explaining how the leads can later translate into recruits. She [Letizio] and the team were able to reach some demographics



Brother and sister Senior Airman Anthony C. Letizio, left, 103rd Aircraft Maintenance Squadron and Staff Sgt. Melissa A. Letizio, right, 103rd Services Squadron, wait for students to arrive while visiting their alma mater Berlin High School, in April 2006. (Photo courtesy of the Letizio family)

we cannot get to all the time."

So what advice does Staff Sgt. Letizio have for those who may recruit for the new GRAP program?

"We gave offers to the kids to see the base, which is important for those who do not have a family member or friend," said Letizio.

"Sharing all my personal experiences, travel, awards was helpful for me. The fact I could say I got my degree, that I used a lot of the benefits, a bonus, the tuition waiver, student loan repayment. I used all of it ... every last bit."

"Just talk to them [potential recruit], ask what their goals are, and see if the military is right for them, because it is not for everyone. Then having the knowledge, getting the guard almanac, taking the literature from recruiting, doing the online training for the GRAP program. Some people are easy as they ask questions and they just want to sign. Others are not sure what they want to do, they don't ask questions."

Staff Sgt. Melissa A. Letizio would like to thank the following for assisting with high school visits and career fairs February through April.

Senior Airman William H. Beeler 103rd Security Forces Squadron

Staff Sgt. Bethany A. Carroll 103rd Aircraft Maintenance Squadron

Senior Airman Paul A. Delgreco 103rd Aircraft Maintenance Squadron

Senior Airman Christopher M. Lemieux 103rd Aircraft Maintenance Squadron

Senior Airman Anthony C. Letizio 103rd Aircraft Maintenance Squadron;

Senior Airman Jason M. McQueeney 103rd Logistics Readiness Squadron

Staff Sgt. Joshua A. Mead 103rd Services Flight

Tech. Sgt. Cheryl L. Pilletere 103rd Services Flight

Staff Sgt. Lindsey M. Rohner SSgt 103rd Logistics Readiness Squadron

Staff Sgt. Brian C. Sheldon 103rd Maintenance Squadron

Senior Airman Michelle K. Urso 103rd Maintenance Squadron

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YOUR SKILLS



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1048th MEDIUM TRUCK COMPANY
CONNECTICUT ARMY NATIONAL GUARD
NATIONAL GUARD ARMORY, 63 ARMORY ROAD
STRATFORD, CT, 06614-1702



VOLUNTEERS NEEDED!

The 1048th Medium Truck Company is in immediate need of Soldiers.

Available positions for E-6 and below:

88M
92F
63B
92Y

Benefits:

MOS reclassification
Promotion Opportunities
Experience toward a CDL for 88M Soldiers
Leadership experience



Interested Soldiers should call 1SG Seyler/SFC Gray at 203-375-4831 X-31/32

FREE SPACE AND AVIATION DAY

at Bradley International Airport

July 22, 2006

Gates open at 9:30 am

Three exciting venues:

CT Air National Guard
New England Air Museum
CT Fire Academy

A benefit for the
Hole in the Wall Gang Camp



Presenting Sponsor
Pratt & Whitney
A United Technologies Company

Rain or Shine
Follow signs from
Rt. 75 and Rt. 20



www.spaceandaviationday.org

'Military For Free' Program at 2006 Buick Championship

It's July 4th weekend at the 2006 Buick Championship so the Greater Hartford Jaycees are throwing out the red, white and blue carpet.

Any active U.S. Military personnel can attend the 2006 Buick Championship free as guests of the Greater Hartford Jaycees. Adult tickets will be available for free to military members – active duty, drilling reserve, and national guard – at any ticket gate upon the presentation of a current, valid military identification card.

"It is our way of showing a spirited thank you to our military," said Bradford Babbitt, 2006 Buick Championship Chairman. "So whether you serve in the Connecticut National Guard, at the Navy Base in Groton or are home on leave, welcome aboard to the 2006 Buick Championship."

Additionally, the Tournament is inviting young people aged 15 and under to attend the Tournament free all week long. Combined, these programs make the Buick Championship friendlier than ever for our Military families.

This year's Tournament, the 55th consecutive year of PGA TOUR in Connecticut, is scheduled for

June 26-July 2 at the TPC at River Highlands in Cromwell, Conn.

PGA TOUR players who have committed to date to play in the 2006 Buick Championship include: Billy Andrade, Paul Azinger, Aaron Baddeley, Chris Couch, Mark Calcavecchia, Stewart Cink, Ben Curtis, Olin Browne, Brad Faxon, Jason Gore, J.J. Henry, Peter Jacobsen, Brandt Jobe, Zach Johnson, Jerry Kelly, Billy Mayfair, Arron Oberholser, Geoff Ogilvy, Corey Pavin, Kenny Perry, Tim Petrovic, Patrick Sheehan, Joey Sindelar, Kirk Triplett, Scott Verplank and Brett Wetterich.

The new "Military For Free" program is part of a growing array of community-based programs on and off the course initiated by the Tournament. Other programs include "Countdown To The Championship"—a week-long community event at the Old State House, June 19th – 23rd featuring music, contests and prizes at lunchtime each day. The Tournament is also collaborating with the 2006 Riverfest and other community groups. The Greater Hartford Jaycees is the Tournament's host organization.

Military Matters

Air Force active-duty retirement applications centralized online

COURTESY AIR FORCE PERSONNEL CENTER NEWS SERVICE

The active-duty retirement program is going virtual and applications will be processed at the Air Force Contact Center effective May 22 as part of the first phase of the Personnel Services Delivery Transformation.

Airmen eligible to retire will initiate the process online via the virtual Military Personnel Flight. The retirement self-service application on the vMPF will give Airmen step-by-step instructions for retiring.

Airmen can enter the vMPF by logging onto the Air Force Personnel Center's secure Web site where they can access the

retirement application under "Self-Service Actions/Personal Data."

Base-level military personnel flights will continue to process Airmen retirement applications and work any retirement-related actions on applications submitted before May 22.

Members requesting an action related to retirement can log onto the Personal Services Delivery Transformation Web site and click on 'retirement package' at <http://ask.afpc.randolph.af.mil/psd>.

For more information, check the Related Link for a tutorial on how to retire online. This tutorial provides a step-by-step process for applying online.

Airmen can now update their duty history online

COURTESY AIR FORCE PERSONNEL CENTER NEWS SERVICE

Airmen will be responsible for reviewing their duty history and requesting changes, additions or deletions online through the virtual Military Personnel Flight effective May 30.

Airmen can enter the vMPF by logging onto the Air Force Personnel Center's secure Web site where they can access their duty history under "Most Popular Applications" or "Self-Service Actions/Personal Data."

Each Airman will be responsible for justifying changes by providing supporting documentation. The following items are some of the source documents that can be used to support duty history changes:

Air Force Form 707A, Field Grade Officer Performance Report (Maj. thru Col.);

AF Form 707B, Company Grade Officer Performance Report (2Lt. thru Capt.);

AF Form 910, Enlisted Performance Report (AB thru TSgt.);

AF Form 911, Enlisted Performance Report (MSgt. thru CMSgt.);

AF Form 1098, Special Task Certification and Recurring Training;

AF Form 2096, Classification/On-The-Job Training Action;

National Guard Bureau Form 26, Air National Guard Active-Duty Performance Rating;

Special Orders (P-Series); and

General Orders.



Members requesting an action related to duty history can log on to the Personal Services Delivery Transformation Web site and click on 'duty history' at <http://ask.afpc.randolph.af.mil/psd>.

Check the Related Link for a tutorial on updating your duty history online. This tutorial provides a step-by-step process for applying online and avenues for finding source documents.

OFFICERS CLUB OF CONNECTICUT
Hartford Armory (860) 249-3634
Email ctoclub01@yahoo.com
June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Father's Day special bus trip to Rockcats BB Game with lots of fun & food June 18th \$15 per person for Bus, ticket and lunch				1 Lion King Nite at the Bushnell Dinner 5:45 Bus Lv 7:00PM	2	3 NG Drill City of Hartford Rhonda (50)
4 NG Drill	5 5 - 7 PM Reception Rep Len Green	6 12:00 - 1:30 PM Senate Dems Campaign Committee	7	8	9	10
11	12 OEM Bkfst Lunch	13	14 8 PM AUSA Meeting FLAG DAY 231TH BIRTHDAY U.S. ARMY	15 12 MOAA Lunch 530 PM Bd of Gov Mtg 6 pm Vertox Mtg	16	17
18 Father's Day Take me out to the Ballgame N B Rockcats 1:30 11:15 Bus \$15 person See flyer	19	20 12 Noon Women's O'Club lunch 5 - 7 PM Fund Raiser Rep Ann Ruwet Rep Mike Albert	21	22 Marie Kirkley Bay Hfhd Town Committee	23 Dinner Dance ?	24
25	26	27 5-7 PM Fund Raiser Rep Roger Michele	28 OEM Bkfst & Lunch	29	30 BAM Bkfst fundraiser David Aldorande 12 Noon Len Oberg DCF Lunch	
O'Club open for lunch daily 11:30 - 2 PM Bar & Lounge open at Lunch and 4 PM - close						

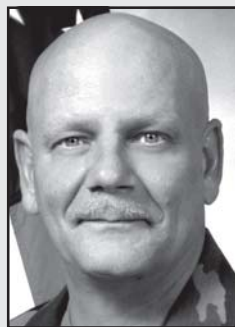
OFFICERS CLUB OF CONNECTICUT
Presents
Father's Day Baseball Game
Sunday June 18th New Britain Rock Cats
Bus from Hartford Armory at 11:15 AM (or drive yourself)
(parking fee \$3.00) (4:30 PM return)
New Britain Rockcats vs Akron Aeros(1:30 PM)
(NEW)\$15.00 w/ bus (Drive yourself \$12.00)



Price Change from donations
May 26th

Includes Ticket to Game and Food Voucher
Game will include Preferred seating, Gift bag, Hot Dog,
Soda, Chips, Kids can carry American flag onto field for
National anthem, Selected Son & Dad to throw out
first ball, Selected Dad and son to announce on radio.
(or Daughter and Dad)

Father's Day
Name _____ Tix _____ Tel# _____
Address _____
Amount encl _____ Bus (y) (n) _____
(Payable to Officers Club of Conn & Mail to Officers Club of Conn.,
360 Broad St. Hartford,Ct,06105)



COMMAND SGT. MAJ.
RAYMOND P. ZASTAURY

Enlisted Update

Visiting Troops, Safety

Maj. Gen. Thad Martin and I just returned from a whirlwind visit with the Soldiers of the 1/102nd Infantry deployed in Afghanistan. During our week visit we visited most of the Soldiers with very little time for sleep.

The Soldiers have adjusted fairly well to the environment in the very short time they have been in country. The visit really gave me a tremendous appreciation for the hardships our Soldiers endure while they are deployed.

The heat can be oppressive and their duty hours are long. But for the most part, the Soldiers were in high spirits and motivated to perform their missions. All of them miss their loved ones at home, but they know it is a job they were trained to perform and they are performing in an exemplary manner.

The biggest morale booster for them is the communication they have with their loved ones. Their spirits are lifted whenever they talk to their loved one on the phone or receive emails, letters and packages from home. So keep those letters and packages coming to make the deployment bearable. I salute them and their families and pray for their safe return.

As we enter the Annual Training I encourage all leaders to ensure "SAFETY" is a top priority. All leaders need to use the ARNG Hasty Risk Management Cards (NGB Form 100-14-2). Risk Management applies to all situations and environments across the wide range of Army operations, activities and processes.

Risk Management is useful in developing, fielding and employing the total Army force. Risk Management assists to commander or leader in conserving lives and resources and avoiding unnecessary risk. Risk Management assists leaders in making an informed decision to implement a Course of Action, identifying feasible and effective control measures where specific standards do not exist and provides reasonable alternatives for mission accomplishment. Risk Management identifies and controls hazards before they become accidents. The following five steps are applied: 1. Identify the Hazard, 2. Assess the Hazard, 3. Develop Controls and Make RISK Decisions, 4. Implement Controls and 5. Supervise and Evaluate. Safety First!

June is also the month that the 143rd Forward Support Battalion, 1048th Truck Company and the 134th MP Company will depart for their Mobilization Stations. As these units mobilize and deploy, the Command Staff will make their families our top priority.

Soldiers need to feel confident and know that their families are being taken care of while they are away. Soldiers must concentrate on their training during their mobilization phase and take what they have learned and apply it throughout their deployment. They do not need to worry about whether or not their family is not receiving the support from the Family Readiness Groups and Sate Headquarters.

We are all in this fight on the Global War on Terrorism together, and we must take care of our own. And we will!

Another issue that continues to be a priority for the Connecticut National Guard is Recruiting and Retention. I again ask all Soldiers and Airmen (Officers and Enlisted) to assist our recruiters with increasing the strength of our Army and Air Guard. I need you to encourage as many Prior Service and/or Non Prior Service individuals to become a member of our organization. There also is just as great a need for all leaders to retain our current members.

We cannot afford to allow any of our Soldiers or Airmen to leave the Connecticut National Guard without them knowing that we appreciate them for what they have done and that their services are needed in the future to keep our organization relevant. **"Every Soldier and Airman Counts."**

Their training and job experience is vital. The Connecticut National Guard must increase its strength in order to support the Citizens of Connecticut during natural disasters and also to continue to support the federal mission. As Chief Wawruck mentioned in her article in the May issue of the Connecticut Guardian, "Everyone is a Recruiter". We all must work together and succeed in increasing our strength.

On a personal note I'd also like to wish all our Soldiers and Airmen and their families a pleasant and safe summer. Hopefully the weather will cooperate this summer. Make sure you enjoy your vacation and spend quality family time together. Those that travel on vacation by car, please fasten your seat belts, obey the speed limit and please do not drink and drive. Have fun but please be safe!

Commentary

Developing leaders ... do you use water or gasoline?

If you view yourself as a leader, take a moment to think about the people closest to you in your organization and what you are doing to develop those individuals. I'm not talking about ensuring they complete their career development course or on-the-job training, but do you have a game plan for them? Are they growing and do they share your vision?

Most importantly, what are you doing to develop them into leaders? I mean real leaders, not just those who may be positional leaders.

One of your most important duties and greatest opportunities is to develop the leaders around you. If you think about it, not only is this beneficial to our Air Force and the person you are developing, it's equally important to you.

One thing I've seen repeatedly is that those closest to the leader will determine the success level of that leader. Likewise, they can determine the level of failure. With that in mind, consider the following. First, what kind of leader are you? When there's a problem in your unit, a "fire" so to speak, many times you, as the leader, are the first on scene. When you arrive, you have a bucket in each hand. In one bucket is water, and in the other gasoline. The fire before you will either become a greater problem because you poured the gasoline on it, or it will be extinguished because you used the water. Which bucket do you think those closest to you see you using? More importantly, are you training them to use the bucket of gasoline or the bucket of water?

Now you may think it really doesn't matter because even if you use the gasoline, the fire will eventually burn out. However, look at the time and resources consumed, as well as the toll on people it may take to get to that point. How do you think those closest to you feel when the gasoline is poured on every little spark?

It's imperative you model the leadership traits you want to develop in others. You are the one they focus on and you are the one they will follow. If you put out fires with water, they will, too. They will become a leader in their own right who extinguishes fires with water, and over time, you will know you can depend on them to bring a second bucket of water instead of gasoline.

Second, lead with your vision and instill it in others. Some leaders forget to build

and share a vision because they are too busy managing. It's extremely easy to get caught up in meeting suspenses, writing reports and culling data without ever looking at the bigger picture. In other words, leaders need to ask, "Why are we doing this?" and "How does this fit into the goals and vision I have for this unit?"

If you don't take time to create and share a vision, then anyone's vision will do and everyone will have his own vision. An effective vision provides guidance and gives direction to a unit or organization. This direction cannot come from Air Force instructions, policy manuals or organizational charts. It must be developed, shared and modeled by the leader.

Subsequently, as you model and share your vision, those around you will embrace it, too. As you develop the leaders around you, they will note that an effective vision can transform your organization.

Lastly, be sure your vision is big enough. Leaders with small visions never accomplish truly great things. Oh, they may get a line on a performance report, but in time, that line becomes meaningless. Perhaps the best example of a man with a large vision goes something like this: Once upon a time, a traveler paused to rest in a small town. He saw an old man sitting on a bench in front of the only store in town and decided to sit next to him. After exchanging pleasantries, the traveler asked the old man, "You look like you have lived here your entire life. Can you tell me something this town is noted for?" After a brief pause, the old man replied, "Oh, I don't know, except it's the starting point to the world. You can start here and go anywhere in the world you want." Now that's a man with a large vision!

One of our greatest challenges as leaders is to create a similar vision in both ourselves and our Airmen. This means a vision that is big, that may take some time to achieve, but has the power to transform lives. People may be unaware they are in such an environment and fail to take advantage of it, but you can help them realize that wherever they are, it can be their starting point to the world. True leaders will recognize this and create opportunities for growth as they build the leaders around them.

LT. COL. DAVID BOBB
36TH MEDICAL OPERATIONS SQUADRON

Send Letters to the Editor to:

Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795

or by email to: ctguardian@ct.ngb.army.mil

All letters must be signed and include a phone number for verification.

Letters may be edited for grammar, spelling and space, but not for content.

Homefront

In defense of Connecticut's children: *Prescription & over-the-counter drug abuse*

FROM THE CONNECTICUT CLEARINGHOUSE WEBPAGE
WWW.CLEARINGHOUSE.ORG

More than \$78 billion in prescription and over-the counter (OTC) drugs are produced each year in the United States. Although most people use these medications properly, a significant number do not. They might take them without a doctor's prescription, use more than prescribed, or take them for reasons other than those that the drugs were prescribed for. In 1995, the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Household Survey on Drug Abuse showed that over 21 million people over the age of 12 reported having used one or more psychotherapeutic drugs (stimulants, sedatives, tranquilizers, and analgesics available through prescription) for non-medical purposes at some time in lives. Stimulants, analgesics, and tranquilizers were the most widely used drugs of abuse that fit this category.

What Are Some Of The Most Common Medications, Their Uses And Effects?

Stimulants

Amphetamines and Caffeine are stimulants used primarily to delay the onset of mental and physical fatigue. Students studying long hours for exams, athletes who feel the drugs will improve their performance, and workers who want to stay awake on the job often use stimulants. These drug compounds are often found in diet pills which, if misused, can lead to anorexia nervosa. Anorexia nervosa is a pathological loss of appetite thought to be psychological in origin that is manifested in extreme dieting and excessive thinness. Caffeine is also found in many beverages, pain medications, and allergy and cold remedies. Unusually high doses, or excessive use of stimulants over long periods of time can lead to anxiety, hallucinations, severe depression, or physical and psychological dependence. From a strong stimulant such as cocaine to nicotine in cigarettes and caffeine in coffee and cola drinks, stimulants are an intimate part of our lives.

Analgesics

Some of the most widely used analgesics, available in both prescription and over-the-counter forms, include:

· Aspirin- The most common analgesic used today to treat fever, arthritis and pain; possible side effects can include nausea, heartburn or

development of bleeding ulcers. Reye's syndrome may develop if aspirin is given to children with the flu or chicken pox. This disease is characterized by vomiting swelling of the brain and liver, difficulty with mental functioning, and can often lead to death. People with liver damage should also avoid using aspirin.

· Acetaminophen- (Tylenol) is used to treat aches, pains and fevers and is generally free from side effects. Large doses or overuse of this drug may cause rashes, fevers or changes in blood composition. People with kidney or liver problems should consult a doctor before using acetaminophen.

· Ibuprofen- (Motrin, Advil, Nuprin) is used to relieve pain associated with arthritis, menstrual cramping and discomfort, fever, and muscle strains. Possible side effects might include upset stomach, dizziness, drowsiness, headache, or ringing of the ears. Overuse of this drug may lead to confusion, tingling in hands and feet, and vomiting.

Antidepressants

These are prescription medications used to treat depression a disease affection over 15 million Americans. Some of the original drugs of this group were Nardil, Tofranil and Elavil. Although not technically an antidepressant, lithium, which used to treat manic depression, is often in this group. The side effects of prolonged and excessive use of these drugs are excessive urination or thirst, diarrhea, vomiting, drowsiness, dizziness or muscle weakness. Some newer antidepressants that show great promise in treating this disease are Wellbutrin, Prozac and Zoloft. The incidence of side effects with these seem to be less than with the previously used medications.

Sedative-Hypnotics and Tranquilizers

Benzodiazepines are the most widely prescribed tranquilizers and sleep-inducing medications. Drugs used to treat anxiety and tension are Valium, Xanax, Ativan, and Tranzene. Drugs used for sleeping are Dalamine, Restotril and Halcion. Possible side effects

include drowsiness, poor coordination or light headedness. Overuse of these drugs can lead to respiratory difficulties, sleeplessness, coma and even death.

Cough and Cold Preparations

Colds are caused by viruses and typically last 7 to 10 days. Most cold preparations are designed to treat specific cold symptoms and provide temporary relief from discomfort. Most widely used cold remedies include the following:

· Antihistamines and Decongestants

These medications are typically used to relieve the itchy, watery eyes and reduce congestion due to allergies, colds and flu. They can cause drowsiness or excitability.

· Antitussives and Expectorants

Antitussives are cough suppressants used to treat painful, persistent coughs. Expectorants are used to help clear mucous from the respiratory system. Both medications may contain alcohol and some may contain narcotics, such as codeine, to relieve pain and induce sleep. Some may be addictive. Young people may abuse these medications for the effects derived from alcohol use, as the alcohol content in some OTC preparations may be as high as 40 percent.

· Laxatives- They are among the most widely misused and abused over the counter medications. Use of laxatives should be restricted to short term use for constipation, since chronic use leads to dependency.

Misuse and Dependence

Misuse of prescription and OTC drugs can often lead to psychological and physical dependence. People use increased amounts of drugs to ensure a sense of well-being while treating unrelated illnesses or health problems, or for non-medical purposes. Many medications contain alcohol and narcotics such as codeine, which can be addictive and life-threatening. Use of alcohol, a depressant, with some prescription and over-the-counter drugs may inhibit or increase the drug's effectiveness and cause a loss of coordination. Combining OTC drugs with some prescription drugs can cause the similar effects or even more harmful types of reactions.



*Thank you,
Families, for
all that you
do and all
that you
sacrifice.*

*We are
indebted to
you.*



**FAMILY DAY
CAMP BELL
SATURDAY
SEPT. 9, 2006
LOOK FOR
MORE
INFORMATION
IN THE JULY
ISSUE OF THE
GUARDIAN**



**Look for our Special Features on
Connecticut's Military Police in the July
Guardian**

Veterans' Assistance

Understanding Post-Traumatic Stress Disorder

DANIEL J. McHALE
STATE BENEFITS ADVISOR -CT

(Editor's Note: This is the first in a four-part series on Post Traumatic Stress Disorder.)

Recently there has been a plethora of news via television, newspaper articles, periodicals and on Web sites regarding PTSD and there will be more and more information presented to the American public for years to come.

Be open-minded and skeptical to what you hear and read but never stop questioning the sources!

At some point in everyone's life, you will be confronted with a traumatic experience (Stressors), whether it is from being in a War zone, results of a traffic accident, domestic violence, natural disaster survivor, terrorist incident, etc.

Recently, articles have been appearing about individuals exposed to the horrors of the terrorist attacks of September 11th exhibiting symptoms or identified with having PTSD 4-1/2 years after the attacks. What brought 9/11 back into focus is the recent start of construction on the new towers at "Ground Zero," along with the release of film footage of the Pentagon attack and the release of the movie depicting the events of flight 93 that crashed in Pennsylvania. This is tantamount to "mental torture" for those reliving the experience of those events. Every individual reacts differently to stressful situations both physically and mentally. Showing signs or symptoms associated with PTSD, anxiety, depression, etc. should not be construed as weakness; it is only an individual's mind and body coping with a traumatic experience.

Veterans Benefits Affairs (VBA) recently posted this information as a reminder to all Veterans and specifically for those Soldiers, Airmen, Sailors and Marines recently returned from OIF/OEF.

This information is very important and needs to be disseminated during Reverse SRP's, 90 and 120 day follow-up VA benefits briefings and telephone or personal interviews. The provision in Public Law 105-368, Title 38 USC 1710 (d) (D) relating to VA health care for combat veterans is the provision that authorizes the VA to provide combat veterans free care for conditions potentially related to their combat service for up to two years following their discharge from active duty.

These veterans will be enrolled into VA's Enrollment Priority Group 6 if not otherwise qualified for a higher enrollment priority group assignment.

The following is posted on the VA Webb Site regarding PTSD from the National Center for Post-Traumatic Stress Disorder, Department of Veterans Affairs

What is Post-traumatic Stress Disorder?

Post-traumatic Stress Disorder, or PTSD, is a psychiatric disorder that can occur following the experience or witnessing of life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents or violent personal assaults like rape. Most survivors of trauma return to normal given a little time. However, some people will have stress reactions that do not go away on their own, or may even get worse over time. These individuals may develop PTSD. People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged, and these symptoms can be severe enough and last long enough to significantly impair the person's daily life.

PTSD is marked by clear biological changes as well as psychological symptoms. PTSD is complicated by the fact that it frequently occurs in conjunction with related disorders such as depression, substance abuse, problems of memory and cognition, and other problems of physical and mental health. The disorder is also associated with impairment of the person's ability to function in social or family life, including occupational instability, marital problems and divorces, family discord, and difficulties in parenting.

Understanding PTSD

PTSD is not a new disorder. There are written accounts of similar symptoms that go back to ancient times, and there is clear documentation in the historical medical literature starting with the Civil War, when a PTSD-like disorder was known as "Da Costa's Syndrome." There are particularly good descriptions of posttraumatic stress symptoms in the medical literature on combat veterans of World War II and on Holocaust survivors.

Careful research and documentation of PTSD began in earnest after the Vietnam War. The National Vietnam Veterans Readjustment Study estimated in 1988 that the prevalence of PTSD in that group was 15.2% at that time and that 30% had experienced the disorder at some point since returning from Vietnam.

PTSD has subsequently been observed in all veteran populations that have been studied, including World War II, Korean conflict, and Persian Gulf populations, and in United Nations peacekeeping forces deployed to other war zones around the world. There are remarkably similar findings of PTSD in military veterans in other countries. For example, Australian Vietnam veterans experience many of the same symptoms that American Vietnam veterans experience.

PTSD is not only a problem for veterans, however. Although there are unique cultural and gender-based aspects of the disorder, it occurs in men and women, adults and children, Western and non-Western cultural

groups, and all socioeconomic strata. A national study of American civilians conducted in 1995 estimated that the lifetime prevalence of PTSD was 5% in men and 10% in women. A revision of this study done in 2005, reports that PTSD occurs in about 8% of all Americans.

How does PTSD develop?

Most people who are exposed to a traumatic, stressful event experience some of the symptoms of PTSD in the days and weeks following exposure. Available data suggest that about 8% of men and 20% of women go on to develop PTSD, and roughly 30% of these individuals develop a chronic form that persists throughout their lifetimes.

The course of chronic PTSD usually involves periods of symptom increase followed by remission or decrease, although some individuals may experience symptoms that are unremitting and severe. Some older veterans, who report a lifetime of only mild symptoms, experience significant increases in symptoms following retirement, severe medical illness in themselves or their spouses, or reminders of their military service (such as reunions or media broadcasts of the anniversaries of war events).

How is PTSD assessed?

In recent years, a great deal of research has been aimed at developing and testing reliable assessment tools. It is generally thought that the best way to diagnose PTSD or any psychiatric disorder, for that matter, is to combine findings from structured interviews and questionnaires with physiological assessments. A multi-method approach especially helps address concerns that some patients might be either denying or exaggerating their symptoms.

What are some of the common assessments for PTSD?

As noted above, two main categories of PTSD evaluations are structured interviews and self-report questionnaires. The Clinician Administered PTSD Scale (CAPS) was developed by National Center for PTSD staff and is among the most widely used types of interviews. It has a format that requests information about the frequency and intensity of the core PTSD symptoms and of some common associated symptoms, which may have important implications for treatment and recovery. Another widely used interview is the Structured Clinical Interview for DSM (SCID). The SCID can be used to assess a range of psychiatric disorders including PTSD. Other interview instruments include the Anxiety Disorders Interview Schedule-Revised (ADIS), the PTSD-Interview, the Structured Interview for PTSD (SI-PTSD),

For more information
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Daniel McHale at
(860) 524-4908 or via
email at
daniel.j.mchale@us.army.mil

and the PTSD Symptom Scale Interview (PSS-I). Each has unique features that might make it a good choice for a particular evaluation.

Several self-report measures have also been developed as time- and cost-efficient vehicles for obtaining information about PTSD-related distress. These measures provide a single score representing the amount of distress an individual is experiencing. Among this set is another widely used measure developed by National Center for PTSD staff, the PTSD Checklist (PCL). This measure comes in two versions, one oriented for civilians and another specifically designed for military personnel and veterans. Other widely used self-report measures are the Impact of Event Scale-Revised (IES-R), the Keane PTSD Scale of the MMPI-2, the Mississippi Scale for Combat Related PTSD and the Mississippi Scale for Civilians, the Posttraumatic Diagnostic Scale (PDS), the Penn Inventory for Posttraumatic Stress, and the Los Angeles Symptom Checklist (LASC).

How common is PTSD?

An estimated 7.8 percent of Americans will experience PTSD at some point in their lives, with women (10.4%) twice as likely as men (5%) to develop PTSD. About 3.6 percent of U.S. adults aged 18 to 54 (5.2 million people) have PTSD during the course of a given year. This represents a small portion of those who have experienced at least one traumatic event; 60.7% of men and 51.2% of women reported at least one traumatic event. The traumatic events most often associated with PTSD for men are rape, combat exposure, childhood neglect, and childhood physical abuse. The most traumatic events for women are rape, sexual molestation, physical attack, being threatened with a weapon, and childhood physical abuse.

About 30 percent of the men and women who have spent time in war zones experience PTSD. An additional 20 to 25 percent have had partial PTSD at some point in their lives. More than half of all male Vietnam veterans and almost half of all female Vietnam veterans have experienced "clinically serious stress reaction symptoms." PTSD has also been detected among veterans of the Gulf War, with some estimates running as high as 8 percent.

Guarding Your Rights

Legal Affairs: Organizing your personal affairs

CAPT. ROBERT E. HENRY
JFHQ-CT JAG

Death is a certainty and serious illness a possibility. Facing up to death and illness, especially during high deployment cycles, has become another requirement of military service.

Like other areas of soldiering the better educated you are about these issues the better prepared you will be to deal with them.

Ignoring these issues is detrimental to your future, your families future and unsoldierly. What distinguishes the military from civilians is our willingness to face up to the difficult and unpleasant aspects of life.

The use of the documents discussed below will greatly enhance the ability of your family to focus on the truly important and limit the distractions at crucial times.

Wills

A will is a document that provides for the distribution of your property at the time of death in accordance with your wishes. Wills can be of various degrees of complexity and can be utilized to achieve a wide range of family and tax objectives.

A will can direct support to the charities of your choice. Aside from providing for the intended disposition of your property there are a number of other important objectives that may be accomplished in your will.

- You may designate a guardian for your minor child or children if you have survived the other parent and eliminate the need for bonds and supervision by the court regarding the care of each minor child's estate

- You may choose to acknowledge or otherwise provide for a stepchild, godchild, an elderly parent, or other individuals.

- If you are acting as custodian for the assets of a child or grandchild under the Uniform Gift (or Transfers) to Minors Act, you may designate your successor custodian and avoid the expense of a court appointment.

If you die without a will, (intestate), state laws will determine, by default, who receives your property.

These laws reflect the state legislature's opinion as to how your property should be disposed of. State law also includes forced heirship laws that are designed to prevent disinheritance of a spouse or child.

A will gives you the ultimate power to have your intentions made legally effective.

A will does not govern the transfer of certain types of assets, called nonprobate property, which by operation of law or contract pass to someone else on your death.

Types of non-probate property include jointly owned property, life insurance

policies, trusts, annuities and retirement plans such as IRAs. The transfers of these assets at death should be specifically provided for in the establishing documents.

Advance Health Care Directives

Due to the increasing ability of medical science to sustain lives, people often live in a condition where they cannot express their preferences.

An advance health care directive allows you to deal with these situations. Without such directives your family may have to obtain a court order to deal with your medical situation. This was the situation that was played out last year in the Terri Schiavo case.

The documents that cover these situations vary by state. All states permit you to express your wishes as to medical treatment and to appoint someone to speak for you in the event you cannot speak for yourself.

Depending on the state, these documents are known as "living wills," "health care proxies," or "advance health care directives." Some states have standardized documents, while others leave the language up to lawyers and their clients.

Regardless name, the purpose of these documents is to allow you to express your preferences concerning medical treatment at the end of life or during an incapacitating illness. By expressing such preferences in a written document, you are ensuring that your preferences are known and will have legal effect.

Medical providers and facilities prefer these documents because they provide your written expression as to medical care and designate the individual who should be consulted concerning unanswered medical questions.

Making your wishes known in advance prevents family members from making such choices at what is one of the most stressful times in their lives.

Further, providing such information and designating a health care proxy means that the physician knows whose direction is to be followed in the event your family disagrees as to what medical treatment you would want.

You should review these documents thoroughly before executing them so that they are consistent with your wishes and the tenants of your faith. Many standardized documents contain language that provides for medical care that violates the provisions of some religions.

Living Wills

A living will is your written expression of how you want to be treated in certain medical conditions. Depending on state law, this document may permit you to express whether or not you wish to be given life-sustaining treatments in the event you are terminally ill or injured, to decide in advance whether you

wish to be provided food and water via intravenous devices ("tube feeding"), and to give other medical directions that impact the end of life.

In addition to terminal illness or injury situations, most states permit you to express your preferences as to treatment using life-sustaining equipment and/or tube feeding for medical conditions that leave you permanently unconscious and without detectable brain activity.

A living will applies in situations where the decision to use such treatments may prolong your life for a limited period of time and not obtaining such treatment would result in your death.

It does not mean that medical professionals would deny you pain medications and other treatments that would relieve pain or otherwise make you more comfortable.

Living wills do not determine your medical treatment in situations that do not affect your continued life, such as routine medical treatment and non life-threatening medical conditions.

In all states the determination as to whether or not you are in such a medical condition is determined by medical professionals, usually your attending physician and at least one other medical doctor who has examined you and/or reviewed your medical situation.

Most states permit you to include other medical directions that you wish your physicians to be aware of regarding the types of treatment you do or do not wish to receive.

Health Care Proxy

A "health care proxy," "health care surrogate" or "durable medical power of attorney," is the appointment of a person to whom you grant authority to make medical decisions in the event you are unable to express your preferences.

This situation arises when you do not have the legal capacity to make your own decisions.

As with the living will, medical professionals will make the initial determination as to whether or not you have the capacity to make your own medical treatment decisions.

The health care proxy is a durable power of attorney specifically designed to cover medical treatment. Depending upon the state a health care proxy may be drafted your attorney or may be of a predetermined format drafted by the state legislature.

As with the living will this document makes your wishes known in advance and precludes family members from having to make difficult choices at one of the most stressful times in their lives. Further,



providing such information and designating a health care proxy means that the physician knows whose direction is to be followed in the event your family disagrees as to what medical treatment you would want.

Powers of Attorneys

Another part of lifetime planning is the Power of Attorney. The person named in a Power of Attorney to act on your behalf is either referred to as your "agent" or "attorney-in-fact."

With a valid Power of Attorney, your agent can take any action permitted in the document.

It is important to recognize that the Power of Attorney enables your agent to do what you "could" do not necessarily what you "would" do.

The agent should be someone who understands your responsibilities and intentions and who you trust without question.

This document gives your agent or agents the power to act on your behalf. A "limited" or "special" power of attorney enables the agent to act for a specific purpose, e.g. selling a car.

A "general" power of attorney gives your agent the authority to act on your behalf in a variety of situations. A "springing" Power of Attorney takes effect only upon the occurrence of a future event (e.g., incapacity).

A durable power of attorney gives your agent continuous, permanent authority to act on your behalf.

Any power of attorney must be revoked by written notice of revocation to the person named to act for you or lapse by the terms of its drafting.

This article is not intended as and does not constitute legal advice. Specific legal issues are unique to each person and factual situation. Persons with legal issues are encouraged to personally consult with an attorney.

Visit the

**Connecticut
Guardian**

online at

www.ct.ngb.army.mil

Why Diversity

Army National Guard Specialist selected as National IMAGE, Inc. Meritorious Service Award Winner

CAPT. AMY FLYNN
STATE EQUAL EMPLOYMENT MANAGER

Spc. Jose A. Camacho, human resources specialist, 208th Personnel Services Detachment of the Connecticut Army National Guard, has been awarded the 2006 National IMAGE, Inc. Meritorious Service Award.

Camacho was born in Paterson, New Jersey and moved to Connecticut in 1999. It was in May of 2003 that he was able to achieve his long-standing personal goal of joining the military. He enlisted in the Connecticut Army National Guard and was first assigned as a ground's inspector at Camp Rell, Niantic. He has served his country in an outstanding manner for the past three years. He continues to exhibit attributes that set him apart from and make him an exemplary role model for his peers.

Camacho received the prestigious award at the 18th Annual Salute to Hispanics in the Military Awards Banquet held in Phoenix, Arizona on May 18. The awards banquet was held in conjunction with the 34th Annual National IMAGE Training Conference and Exposition and hosted by IMAGE, Inc.

The mission of IMAGE, Inc. is to enhance the employment, education and civil rights of Hispanic Americans. This year's conference theme was, "Education, Commitment, and Leadership: Making a Difference in our Nation." During the conference the Department of Defense conducted a training forum while the United States Marine Corps served as lead agency providing support at the military awards banquet. Human Resources Officer, Lt. Col.

Jeffery Sabotka and State Equal Employment Manager, Capt. Amy Flynn were in attendance as Camacho was presented his award by Mr. Clarence A. Johnson, Principal Director, Office of the Deputy Under Secretary of Defense for Equal Opportunity.

The National IMAGE, Inc. Meritorious Service Award is given annually to outstanding military service members from each branch of the Armed Services (including Coast Guard) who have distinguished himself/herself with significant contributions to their Service and this Nation. The National Guard Bureau selected Camacho as the 2006 recipient for the Army National Guard.

Meritorious Service Award recipients must have demonstrated exceptional qualities that distinguish them as outstanding leaders, as well as having promoted a positive understanding of the Armed Forces among and between Hispanics and members of the military and civilian population. In addition, recipients must demonstrate that they have promoted the tenets of civil/human rights, race relations, equal opportunity, affirmative action, human relations and public service programs.

Camacho received the award in recognition of his outstanding volunteer service within the New Britain and Bristol communities. He has devoted much personal time assisting several food pantries with their weekly distribution of food. Camacho is cognizant of the needs that exist within the community and works actively to facilitate change and make a positive difference. In addition, he is a regular volunteer within his church where he assists in providing transportation for community members to attend services. He

was also recently named "honor Parent of North end School," in recognition of his frequent visits to encourage students to stay in school.

Camacho's "volunteer spirit" is contagious and his professionalism and dedication to service are mirrored in the performance of his duties. Camacho works to instill this same "spirit" within each of his five children. In addition to serving as a mentor within his own family, he also serves as an informal mentor for many Hispanic members within his local community.

Camacho recently returned from a one-year deployment with the 208th Personnel Services Detachment, in support of Operation Iraqi Freedom. While deployed, he assisted with any task that needed to be accomplished and served as a convoy driver, bus driver, and command post dispatcher. Camacho's willingness to get involved and his selflessness are his personal trademarks. He has recently volunteered for a second deployment in support of Operation Iraqi Freedom.



Camacho has been hired as a temporary military technician working within the Information Management Section of the Connecticut National Guard's Human Resources Office. He is currently pursuing an Associates Degree at Tunxis Community College where he maintains a 4.0 overall grade point average.

Branford Road Race to benefit CTNGFI

The Branford Road Race has always had a family focus and this year will support Connecticut's Soldiers, including Branford's 242 Combat Engineers and Connecticut's 102 Infantry Battalion, currently deployed in Afghanistan, by benefiting the Connecticut National Guard Foundation, Inc.

Organizers are asking participants and spectators to bring items such as pre-paid phone cards, body wipes, lotions, foot powder, books, DVDs, and other items as well as financial donations. The items will be collected and sent to the Connecticut National Guardsmen in Afghanistan and the financial contributions will be given to the CTNGFI.

Support of the troops continues as all veterans, Guard/reserve members, active duty Soldiers and their families will receive a discounted entry fee. This year there will be awards for the fastest veteran, Guard, reservist and active duty runners.

All 5 mile participants are invited to a post-race brunch.

Date: June 18, 2006

Time: 8:30 a.m. Registration

10:15 a.m. - 5 mile race starts

Register on line: www.branfordroadrace.net

Registration Fee: \$13 for all Soldiers / family members

Do you have what it takes
to take your career to the next level?



**1st Battalion (OCS), 169th Regiment
(LDR)**

**Officer Candidate School
Information Briefs:**

DATES

22 APR 06

20 MAY 06

24 JUN 06

22 JUL 06

19 AUG 06

**Bring a Friend, Spouse or Significant Other.
Information Brief will be in Building 402,
Leadership Hall, beginning at 1000 hours**

For more information contact

1LT Shaun O'Dea (860) 691-4216

OCSCT@ct.ngb.army.mil



Health & Fitness



Medical Notes

RICHARD YOUNG, M.D., COL / MC
STATE SURGEON
AND
MARJORIE GOLDEN, M.D.
CONSULTANT IN INFECTIOUS DISEASES
HOSPITAL OF SAINT RAPHAEL

Q1. Am I likely to die from Bird Flu?

Only if you have wings! Bird Flu (Avian influenza) primarily causes infections in birds. An estimated 200 million birds died or were exterminated because of pandemic bird flu. Waterfowl (geese, ducks, and swans) are more likely to contract avian influenza than song birds. Although Influenza H5N1 has affected bird populations in Southeast Asia, there is a potential for the disease to spread to the Americas

Q2. Is Bird Flu likely to infect humans?

At the present time, the World Health Organization reports 109 human deaths due to Avian Influenza, H5N1. Transmission of H5N1 from birds to humans has been relatively inefficient. However, the potential remains that with changes in the virus, transmission could occur more easily. These same changes could allow for more efficient person-to-person spread.

Q3. If only 109 humans have died from Avian Influenza, what's the fuss?

According to influenza specialists, we are overdue for an influenza pandemic. Since this is a new strain of influenza, there is no



Ten questions about Bird Flu: Do you know the answers?

pre-existing immunity to H5N1 and no currently available vaccine. Patients infected with avian influenza have suffered high mortality rates (up to 50%). Lastly, because of international air travel, there is potential for rapid dispersal of the virus via commercial airlines.

Q4. Why is this strain of Avian Influenza called A(H5N1)?

There are three types of flu virus (A, B, and C). Type A viruses infect both birds and humans and causes severe disease and pandemics. Type B infects humans, but is less severe than Type A. Type C produces mild or no illness. "H" refers to the hemagglutinin protein on the viral surface. "N" indicates neuraminidase, another protein on the surface of the virus.

Q5. How dangerous is the "flu"?

In 1918, the Spanish Flu infected 28% of all Americans and killed 675,000. At the height of the epidemic, there were 6,000 soldiers hospitalized at Ft. Devens; deaths averaged 100 per day. The mortality associated with influenza depends on the type of flu virus and the immune status of the individual. Dr. Jeffrey Taubenberger of the Armed Forces Institute of Pathology was able to extract the 1918 influenza virus from pathological specimens and sequence the viral genome.

In contrast, approximately 70,000 Americans died during the 1957 "Hong Kong" flu

epidemic and 34,000 during the 1968 "Asian" flu season. The death toll in the U.S. from seasonal influenza each year approximates 36,000.

Q6. We get so many shots. Why don't they give us a vaccine for H5N1?

There is no effective vaccine at the moment. A recent two-dose vaccine against H5N1 produced immunity in only one-half of the recipients. It is difficult to produce a vaccine against H5N1 because current techniques utilize a chick embryo which itself can be destroyed by the virus.

Q7. Are there anti-viral drugs which are effective against H5N1?

Tamiflu reduces the severity of influenza if taken early in the course of infection. Questions remain about the effectiveness of Tamiflu against H5N1 and the dose which must be administered. The other anti-viral agent, Relenza, must be inhaled and is not recommended for persons with asthma or chronic respiratory disorders.

Q8. "I feel like chicken tonight!" Is it safe to eat chicken?

Enjoy that chicken pot pie or buffalo wings (in moderation!). Chicken heated to 180 degrees F is safe to eat. Cook chicken in an oven set to a minimum temperature of 350 degrees F.

Q9. If H5N1 does not develop into a

pandemic: then what?

Dr. Anthony Fauci, director of National Institute of Allergy and Infectious Diseases, says, "Sooner or later, the way viruses evolve, we're gonna get another pandemic. It could be a couple years from now; it could be 15 or 20 years from now. If it doesn't happen, that doesn't mean preparedness went to waste because sooner or later it's going to happen."

Q10. What would be the role of the National Guard in a pandemic?

If directed by the Governor and the Adjutant General, members of the Guard could be tasked in a number of ways including: immunizing citizens, staffing health care facilities, providing care for patients with respiratory diseases, and supplementing civilian law enforcement officers.

Guard Members can be proactive in preparing for pandemic influenza. First, each member should make certain they receive their yearly influenza vaccine. Although the yearly "flu shot" may not confer protection against H5N1, it may prevent the soldier from contracting the seasonal type of influenza. Second, Guard members should practice good "pulmonary" health by abstaining from smoking and by a regimen of vigorous aerobic exercise. Third, Guard members should be certain they have a dependable family care plan in the event they are called up for a State or national disaster.

Combating Substance Abuse: Ecstasy "The enemy behind a mask"

CW4 TONY UVA
SUBSTANCE ABUSE PREVENTION EDUCATION OFFICER

Adam, XTC, hug drug, beans, go, X, and love drug. These are the common street terms for MDMA / Ecstasy. Ecstasy is one of the most popular drugs among young people today. It is estimated that more than 3 million young people have tried the drug at least once and many go on to become regular users despite the known dangers of taking it.

Ecstasy is a "designer drug" and is usually ingested in tablet form, but can also be crushed and snorted, injected, or used in suppository form. It is a stimulant whose psychedelic effects can last between 4 and 6 hours.

Ecstasy is usually found at "raves or techno parties" (those extended dance parties that feature electronic music and high-tech light shows). Raves have become popular in large urban communities and are often held in large, unsupervised locations such as abandoned warehouses, parks and railroad yards, but sometimes take place in more common settings such as nightclubs.

Raves first appeared in the United States in the late 1980s in cities such as San Francisco and Los Angeles. By the early 1990s, rave parties and clubs were present in most American communities. Most raves accommodate up to several thousand people at a time and a rave can last up to two or three days. Raves are characterized by high entrance fees, extensive drug use, and overcrowded dance floors.

Club owners often sell overpriced bottled water and sports drinks to try to manage the hyperthermia and dehydration effects of its use. Pacifiers are sold to prevent involuntary teeth clenching, menthol nasal inhalers and neon glow sticks are also sold to enhance other effects of this drug. Raves are often promoted as alcohol-free events and people get a false sense of security that these parties are safe, when in reality, they are havens for the illicit sale and abuse of club drugs.

Ecstasy suppresses the need to eat and sleep, so users can endure these extended parties. Not everyone who goes to a rave takes ecstasy, but many do. It is very likely that if you go to a rave someone will offer you

ecstasy. They will tell you it's harmless, that it makes you calm, makes you happier and it heightens your perception. Ecstasy is also called "Love Pill" because it heightens perceptions of color and sound, it amplifies sensations when one touches or caresses another, particularly during sex.

The psychological effects of Ecstasy include confusion, depression anxiety, sleeplessness, drug craving, and paranoia. It is an emotionally damaging drug and users often suffer high serotonin nerve damage. Chronic users of Ecstasy perform more poorly than nonusers on certain types of cognitive or memory tasks. Higher doses can interfere with the body's ability to regulate temperature. This can lead to a sharp increase in body temperature, resulting in liver, kidney and cardiovascular system failure.

People take club drugs for many reasons. Their friends tell them about exciting sensations and how these drugs allow one to shed its inhibitions. Peer pressure is a powerful incentive, and no matter what the reason, Ecstasy only provides a temporary

escape from one's problems. When the drug wear's off, the unwanted pains, feelings or emotion that went away comes back even harder, and the user will now want MORE of the drug.

You have the right to make up your own mind and experience new ideas, but drugs will not bring you any happiness. The real joy of living is only found within yourself. If you or if you know someone who has a drug problem there are solutions in helping individuals to begin a road to being drug free. The Connecticut National Guard now has a number of Web Sites "<http://www.ct.ngb.army.mil/>" to aid individuals in obtaining information and training about drug abuse and treatment. It is the National Guard's Policy that drug abuse by its members is incompatible with service. If you feel that you or some military person has a unique problem; please use your chain of command.





WAYNE E. TRAVERS JR.
CTESGR PUBLIC AFFAIRS OFFICER
WAYNE.E.TRAVERS@US.ARMY.MIL

In my "civilian" job, I represent a major metals manufacturer who recently worked with another state ESGR committee to resolve a situation involving an employee who serves in the Army National Guard.

Since I also serve with the Connecticut Committee for Employer Support of the Guard and Reserve, I asked the company's human resources manager about the involvement and contribution of ESGR in resolving that situation. Unfortunately, I was disappointed to learn that she felt the ESGR ombudsman was ignoring the federal law (the Uniformed Services Employment and Reemployment Rights Act), advocating for the service member and not acting as an objective third-party or "honest broker" in the matter, which is the mission of our ombudsman program.

What should a service member or employer do if a problem or conflict arises regarding military service? Before contacting ESGR's Ombudsman Services, we recommend that a service member's first approach should be to go to his employer. Most often, a calm, objective discussion can lead to an acceptable solution if it is conducted in an

ESGR serves as honest broker in mediating disputes

atmosphere of mutual respect and cooperation.

The next step to finding a workable solution lies with the unit commander, who can provide advice and support. Even with their focus on mission accomplishment, commanders have a vested, long-range interest in their people. It's best for the unit to resolve your problem. They may be able to better explain the situation to a service member and his employer and often can suggest compromises or alternatives that will satisfy everyone's needs.

If these attempts don't succeed, you have other options. Through the National Committee for Employer Support of the Guard and Reserve (ESGR), the Department of Defense (DoD) works hard to obtain and sustain employer and community support for National Guard and Reserve members who periodically are absent from their civilian jobs to perform military duty. If a service member has a question about employment rights, the experts, the U.S. Department of Labor Veterans' Employment and Training Service (DoL/VETS), and ESGR-suggest contacting ESGR. This is not only the best option for speedy resolution; it protects a service member's levels of appeal if they are needed.

Any service member can contact ESGR Ombudsman Services, which is staffed with trained and qualified to help, sympathetic to the needs of both the employers and employees, and, most importantly, committed to remaining impartial in their counsel.

The Ombudsman Services Program was established in 1974 to provide information, counseling, and informal mediation of issues relating to compliance with the Uniformed Services Employment and Reemployment Rights Act (USERRA). The Ombudsman Services Program provides information, informal mediation, and referral service to resolve employer conflicts. ESGR is not an enforcement agency and does not offer legal counsel or advice. More than 96 percent of all such requests for assistance are resolved in this informal process, without requiring referral to the Department of Labor for formal investigation.

Each of the 55 ESGR Committees (one in each state, the District of Columbia, Guam, Puerto Rico, and the Virgin Islands) has trained volunteer Ombudsmen, ready to assist you. Many of them are local business leaders. Their stature in the community contributes to their effectiveness in mediation. Service members and trained volunteers are paired via our Customer Service Center, 800-336-4590, opt 1.



INFORMATION Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard memos, documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our enemies are unlike any we've encountered before. Don't let them win with information that can harm us.

Tuition Assistance Reminder

Those who have requested T.A. are reminded to submit grades within 30 days of completion of classes. New T.A. requests will not be processed until current T.A. requests are fulfilled. If you have any questions please call 860-524-4820/4816.



First Company Governor's Foot Guard Third Annual Golf Tournament Friday, June 23, 2006 At the Blue Fox Run Golf Course Avon, Connecticut

The cost of \$125.00 per player/\$500 per foursome
Includes:

18 Holes with Cart
Lunch/Refreshment at Clubhouse Turn
Grand Buffet Immediately Following Golf

9:30 AM . . .Registration/Coffee/Donuts
11:00 AM . . .Shotgun Start (Scramble Format)

Reserve now!

We can only accommodate a limited number of foursomes.

Contact: George Sloan at 860-521-2846

\$125.00 minimum deposit reserves your spot.

Visit the
Connecticut Guardian
on-line at
www.ct.ngb.army.mil

Retirees' Voice

Pay raises approved, Tricare increases blocked

Sgt. 1st CLASS (RET.) JOHN BEDNARZ

The House of Representatives has completed its debate on their version of the Fiscal Year (FY) 2007 National Defense Authorization Act (H. R. 5122). They approved a 2.7 percent pay raise. They also blocked the Department of Defense proposal to increase TRICARE standard fees and zeroed out co-payments for generic and formulary mail order drug prescriptions for military beneficiaries.

They did however accept one Pentagon proposed recommendation to increase TRICARE prescription drug co-payments on retail purchases from \$3.00 to \$6.00 for generics and from \$9.00 to \$16.00 for brand name products. The bill also carries a provision prohibiting employers of under age 65 retired military from providing incentives for them to sign up for TRICARE. This takes away from a benefit earned through military service and hurts them if they are forced into a plan that is not of their choosing.

The joint resolution (HJR 10 and SJR 12) proposing an amendment to the Constitution of the United States authorizing Congress to prohibit the physical desecration of the flag of the United States is coming close to a vote in the Senate where it looks as if it may finally have a chance of passage.

I personally feel that the amendment is not necessary and might lessen the right of free speech. I love and respect the flag as

much as anyone but, the best way to stop the desecration of the flag would be for all cameras to be turned away and everyone to turn their backs on the person or persons who do this and walk away. They would end up alone with a pile of ash and no one paying any attention to them.

If they disrupt a ceremony they can be arrested for disturbing the peace. If they destroy someone else's flag they could be arrested for destruction of private property. Regardless of how you feel about it, contact your Senator. The bill will be up for a vote by Senate Majority Leader Bill Frist the week of June 26.

The people who broadcast major league sporting events have the right idea. If, during a game anyone runs out in the field or causes a disturbance, all cameras are diverted away from the disruption. The person is escorted away and never gets the notoriety that they seek. Newspapers rarely report on such disruptions. If members of the media can agree to do this for major league sports, why can't they do the same for their country?

The Army and Air Force Exchange Service (AAFES) will hold a 2006 recognition of military retirees September 29 through October 1 at PXs and BXs everywhere. They will be holding special sales and events at all main stores on this "Still Serving" weekend, to include an exclusive mailer sent directly to approximately 1.4 million retirees.

192nd Field Artillery Battalion Association 59th Annual Picnic and Reunion Meeting

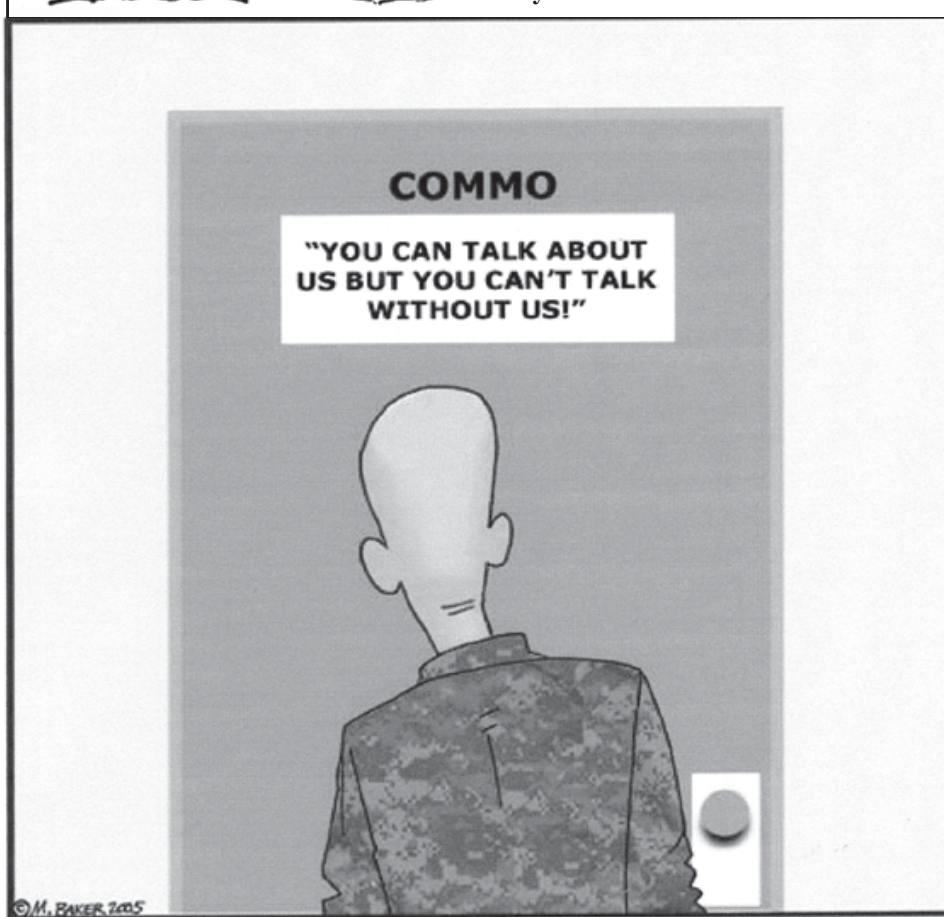
Sunday, July 9, 2006

Anthony's Lake Club (Amerigo Vespucci Italian Club)
West Kenosia Avenue
Danbury, CT 06810

\$35 for members and non-members
(Includes all day buffet and beverages)

Dues: \$5 for 2006-2007

Make checks payable to: 192nd F.A. BN. Association
Mail to: Thomas Bria
78 Sheephill Road
Riverside, CT 06787



Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Surface Maintenance Mechanic	UTES	WG-08	June 22, 2006
Surface Maintenance Mechanic	FMS 7	WG-10/08	June 22, 2006
Surface Maintenance Mechanic	FMS 5	WG-10/08	June 22, 2006
Supply Technician	DOL	GS-07	June 22, 2006
IT Specialist (Data Management) (Indef)	USPFO	GS-09	June 23, 2006
Surface Maintenance Mechanic	FMS 7	WG-08	June 23, 2006
Supply Technician (Indef)	USPFO	GS-07	June 26, 2006
Aircraft FLight Instructor	AASF	GS-13	June 28, 2006

Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Aircraft Mechanic (Indef)	103rd FW	WG-12	June 22, 2006

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Inventory Control Specialist	1109thAVCRAD	E-3 to E-5	Open AGR Nationwide
Inventory Control/ Supply Sgt. (2)	AASF	E-5 and below	Open AGR Nationwide
Aircraft Pilot	AASF	WO1 to CW2	Open AGR Nationwide
Production Recruiter	R&R Command	E-7	Open AGR Nationwide

Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
None were listed as of press time - Check the Website for updates.			

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

Coming Events

June

June 10 - 11

Hoop It Up
3-on-3 Basketball Tournament

June 14

Flag Day
Army Birthday

June 17

AVCRAD Retirement and Reunion

June 18

Father's Day

June 24

Send-off Ceremony for the 134th MPs and
1048th Truck Company
1 p.m., Hartford Armory

July

July 1 - 2

Greg Biffle's National Guard NASCAR at the
New Britain Rock Cats Stadium

July 2

Connecticut Army National Guard Day at the
New Britain Rock Cats

July 4

Independence Day

July 30

Connecticut National Guard Appreciation Day
Connecticut Defender (Formerly the Norwich
Navigators) Dodd Stadium

August

August 25-27

Tri-State Family Conference

August 26

6th Annual Zebra Club Gold Tournament
(860-623-4232 after 4 p.m. Tues - Fri)

In future issues

247th heads to Border

Gurdsman competes in All-Army Chess
Tournament

Transformation Series Continues

National Guard Family Day Preview

First National Guard Military Working Dog
Handlers

Deadline for submissions is the 15th of the month
previous to publication.

Need assistance? Have questions?

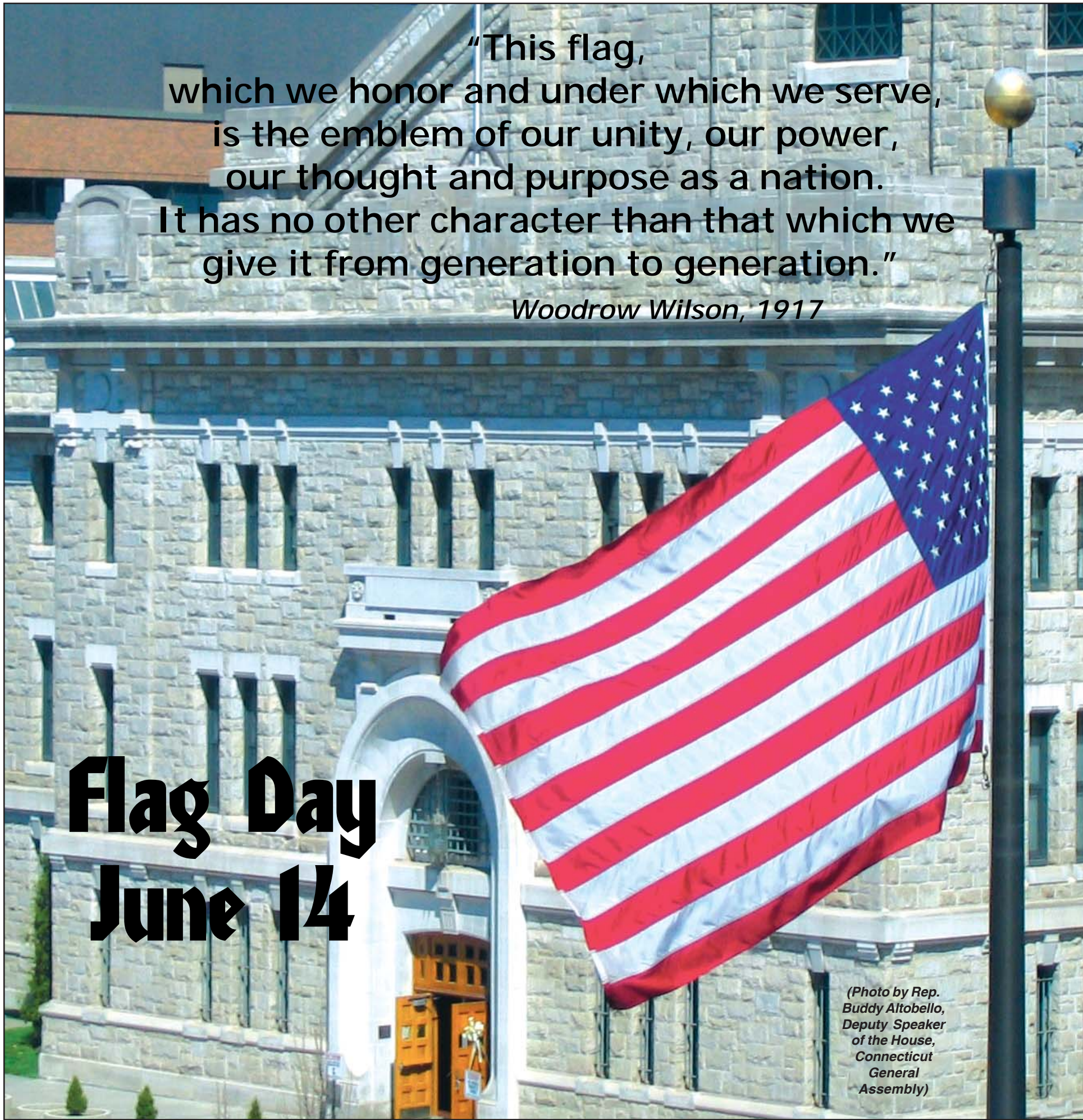
Contact the

103rd Air Control Squadron's

Family Support Program

by visiting its Website:

www.103rdacs.com



"This flag,
which we honor and under which we serve,
is the emblem of our unity, our power,
our thought and purpose as a nation.
It has no other character than that which we
give it from generation to generation."

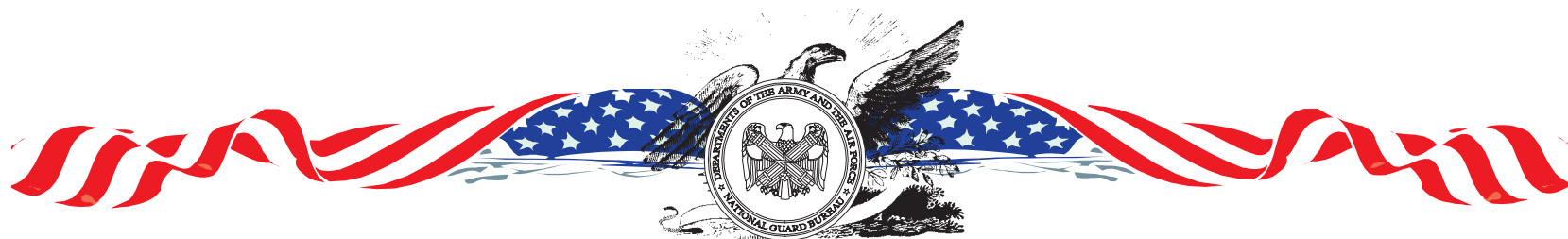
Woodrow Wilson, 1917

**Flag Day
June 14**

*(Photo by Rep.
Buddy Altobello,
Deputy Speaker
of the House,
Connecticut
General
Assembly)*

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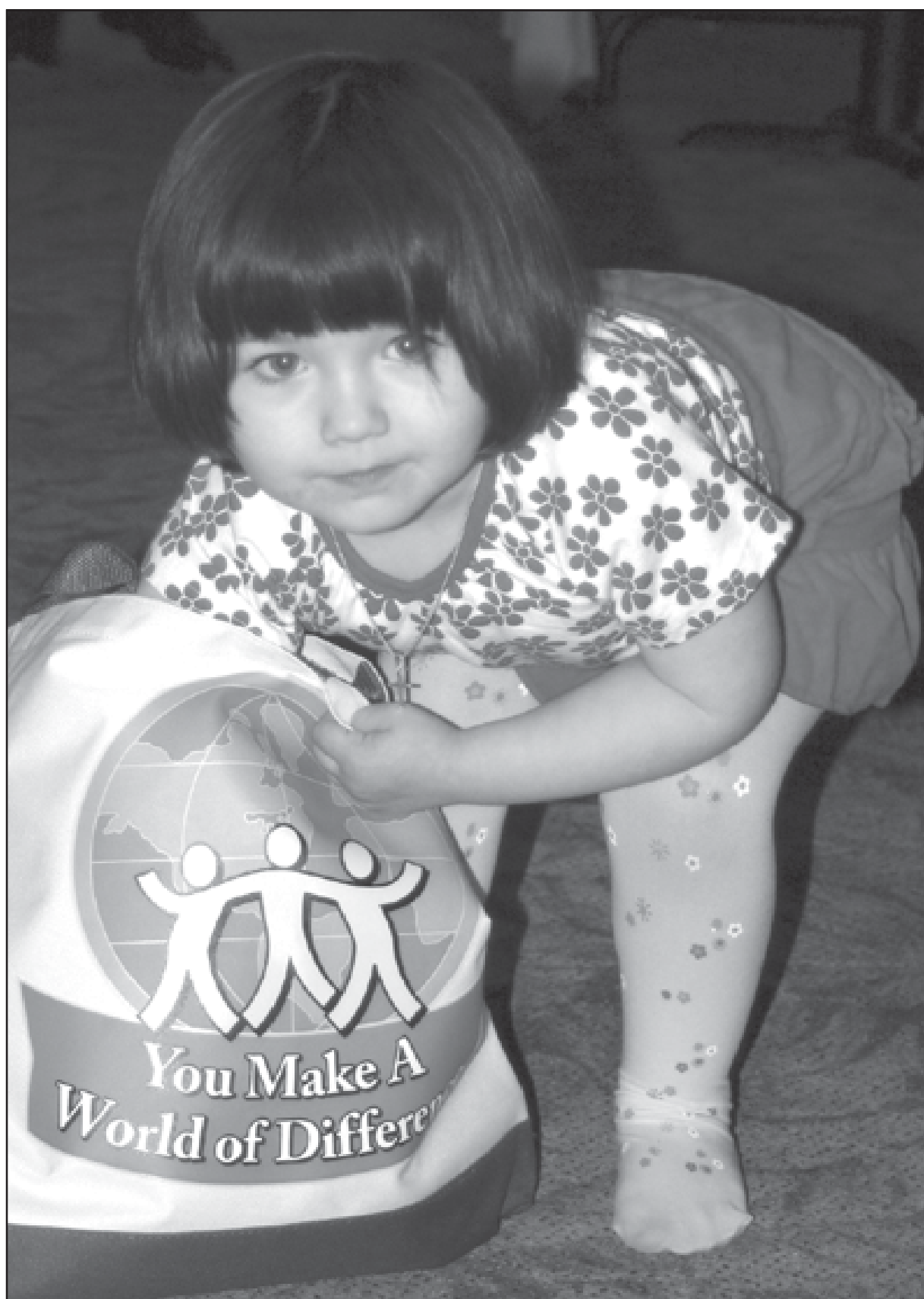


Family Deployment Supplement to the Connecticut Guardian

VOL. 7 NO. 6

HARTFORD, CT

JUNE 2006



Appreciation shown to volunteers



Tom Hoyt sits with Bernard Lynch Jr., a professor of Gibbs College in Farmington, which donated 50 Etch-A-Sketches to the Family Program. Hoyt's brother, Spc. Robert Hoyt of C Company 102nd Infantry Battalion was killed in Iraq serving in Operation Iraqi Freedom. (Photo by Pfc. Joshua C. Johnson, 65th PCH)

Christina Adinolfi, daughter of Pia and Master Sgt. Salvatore Adinolfi of the 103rd Air Control Squadron, digs deep into a volunteer bag at the Connecticut National Guard Volunteer Appreciation Banquet at the Adam's Mill Banquet Facility in Manchester April 27. (Photo by Pfc. Joshua C. Johnson, 65th PCH)

See MORE PHOTOS Page S3



CATHERINE GALASSO

Happiness ahead of time

We can change our lives totally for the better just by altering our attitudes.

That's because success in all our endeavors is activated by how we think.

Some time ago, I read about a 92-year old woman who moved to a nursing home. Her husband of 70 years had recently passed away, making a move necessary.

Waiting patiently in the lobby of the nursing home, she smiled sweetly when the nurse told her the room was ready.

As she maneuvered her walker to the elevator, the nurse offered a description of her tiny room, including the floral and lace curtains that had been hung on her window and the comfortable chair that was placed next to the bed.

"I love it," she said enthusiastically.

"But you haven't even seen the room yet," replied the nurse.

"That doesn't have anything to do with it," answered the woman. "Happiness is something you decide on ahead of time."

"Whether I like my room or not does not depend on how the furniture is arranged or the color of the window treatments... it is how I arrange my mind. And I have already decided to love it."

Then, she voluntarily continued, "It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift."

That wonderful decision produced 92 years of such a successful life.

Half of our battle is our perspective.

Let's get into the habit of looking for something good in all our circumstances.

Once we have found it, we must focus on that benefit continually.

Life is full of pot holes; it is not free of them. The world is a ball, a circle, and it rotates. Therefore, one day after another, we experience difficulties, just as one day after another we encounter delights. It is a cycle. So why do we dwell on the worries or stress?

Every day is a new challenge. As a result, I pull my mind off of the stressful and on to the blissful things.

In Philippians, Chapter 4, I read of "whatsoever things are true, noble, right, pure and lovely. If I am going to have any virtue (strength) or any praise (happiness), I must think on these things." We can fight and win by putting this to practice.

Let's do all we can to overcome; then give to God to take care of what we can't.

Remember, there is nothing too small or too big for Him. Let us cast our cares on Him and leave them there. Say, "Lord, let your will be done in this situation and I am content and happy for it to be as you allow it to be."

Then express, "I am a child of God; nothing can harm me."

We must praise God for each situation we are presented with.

When conditions are overwhelming, I continually recall the Biblical wisdom, "In everything give thanks: for this is the will of God concerning you."

He understands all and is all wise and powerful.

So I must offer thankfulness when a cloud of darkness overshadows the light and praise Him until the clouds go away. It doesn't take long, and, consequently, miraculous answers to prayer come after I praise God.

A reader wrote, "Do not fear what may happen tomorrow; the same everlasting God who cares for you today will take care of you then and every day."

Let us concentrate on the new day and all the happy memories and treasures with which we have been blessed.

Make other people happy. Leave someone with a pleasant thought, a smile or a hug.

A life of purpose begins with appreciation, prayer and praise. And we are praying for you, dear Soldiers.

Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at anewyou@snet.net © Catherine Galasso, 2006

Visit the

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How Would You Like To Spend the Weekend in Mystic?
For Free?

Your Family Program Can Tell You How

Join us for our

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Saturday, June 24th

OR

Saturday, July 22nd

Attend the Couples Communication Workshop on Saturday

Being Held at the Hilton Mystic and

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Contact Your Local Family Assistance Center or

The State Family Program Office at 1.800.858.2677

For More Details!



HANDYPERSON HOTLINE



"CARRYING THE HOMEFRONT"

**SERGEANT MAJOR
TOBY P. CORMIER**

Ph: 860-441-2984

Cell: 860-209-0770

toby.cormier@ct.ngb.army.mil



Kim Hoffman, director of the Family Program, enthusiastically thanks the volunteers and staff of the Family Program for their generosity at the Connecticut National Guard Volunteer Appreciation Banquet at the Adam's Mill Banquet Facility in Manchester April 27. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



Servicemembers, staff members, and volunteers enjoy their dinner at the Connecticut National Guard Volunteer Appreciation Banquet at the Adam's Mill Banquet Facility in Manchester April 27. (Photo by Pfc. Joshua C. Johnson, 65th PCH)

Volunteer Appreciation Night



Master Sgt. Daniel Appleyard, on leave from his duty in Iraq, is held by his wife, Kimberly at the Connecticut National Guard Volunteer Appreciation Banquet, where he was an honored guest, at the Adam's Mill Banquet Facility in Manchester April 27. Kimberly has volunteered for the Family Program for 16 years and now that her husband is activated for the Global War on Terror, she is receiving the same type of support that she has provided for others throughout the years. Appleyard

is a production control non-commissioned officer for G Company, 126th Aviation. (Photo by Pfc. Joshua C. Johnson, 65th PCH)

WELCOME HOME T-SHIRTS

With Our Soldiers return fast approaching, the Family Readiness Group would like everyone to have the opportunity to purchase a Homecoming T-Shirt to wear on the day they return to Connecticut!!

The front left pocket of the T-Shirt will have the Griffin Logo:



The back of the T-Shirt will have all the soldiers' names.

Prices:
Adult: \$15
Youth: \$10

Orders need to be in by July 11, 2006

Shirts will be made available at our August 6th Reunion Conference
Please Submit this order form with a check made out to **G126th AVN FRG**

G126TH AVN Homecoming T-Shirt Order Form

Name: _____

Address: _____ Town: _____ State: _____ Zip: _____

Please enter the quantity of each size:

Adult: Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____ XXX-Large _____
Youth: X-Small (2-4) _____ Small (4-6) _____ Med (6-8) _____ Large (10-12) _____

Please send to Family Program 360 Broad Street Hartford, CT 06105 Attn: Rita O'Donnell



THE FIRST-SHIRT SAID TO BE READY FOR ANY KIND OF DEPLOYMENT!

Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:
Waterbury Armory

64 Field Street, Waterbury, CT 06702
(203) 574-2406 Toll Free 866-347-2291
Ms. Tamara Jex

Manchester Armory
330 Main Street, Manchester, CT 06040
(860) 646-0780 Toll Free 866-347-2286
Capt. Lauri Tinelle, Mr. Bert Saur & Mrs. Andrea Lathrop

103rd FW, Bradley ANG Base
Bldg 8, East Granby, CT 06026
(860) 292-2730
Mrs. Donna Rivera

Norwich Armory
38 Stott Avenue, Norwich, CT 06360
(860) 883-6934
Mrs. Andrea Lathrop

103rd Air Control Squadron
206 Boston Post Road, Orange, CT 06477
(203) 795-2983
Mr. Charlie and Mrs. Jane Solomon

Windsor Locks
Bldg. P123, Camp Hartell, Windsor Locks, CT 06096
(860) 386-4045
Mrs. Rita O'Donnell

Hartford Armory
360 Broad Street, Hartford, CT 06105-3795
1-800-858-2677
Mrs. Kim Hoffman, Mrs. Michelle McCarty,
Mrs. Melissa Tetro-Dow
and Staff Sgt. Jessica McKenna-Boski

Volunteers are needed in each facility.
Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:
kim.hoffman@ct.ngb.army.mil

Bubble Recipes

All of these bubble recipes make great bubbles for children. The Magic Bubble recipe is a favorite with kids. That recipe makes bigger bubbles that last a bit longer. See **hints** for ideas on where to buy Glycerin.

Basic Bubbles	Sweet Bubbles	Magic Bubbles	Color Bubbles
2 tbsp dish soap	1 tbsp corn syrup	1 tbsp glycerin	1 cup liquid tempra paints
1 cup water	2 tbsp dish soap	2 tbsp dish soap	2 tbsp dish detergent
	1 cup water	9 oz water	1 tbsp liquid starch

Hints for making bubble solutions

- Mix up the recipes the day before for best results.
- Glycerin is inexpensive and can be found in most drug stores. The children think that the bubbles are so much better that it is worth keeping a small bottle on hand.
- Do NOT use the Sweet Bubbles recipe if you have bees or wasps in your yard.
- Try using sugar or honey if you don't have corn syrup in the house.
- Color Bubbles can be a bit messy. Be sure to use paint that can wash out. You can add a little water if the mix is too thick.

KID'S

CREATIVE

CORNER

A monthly feature of fun and educational activities for the children of the Connecticut National Guard